



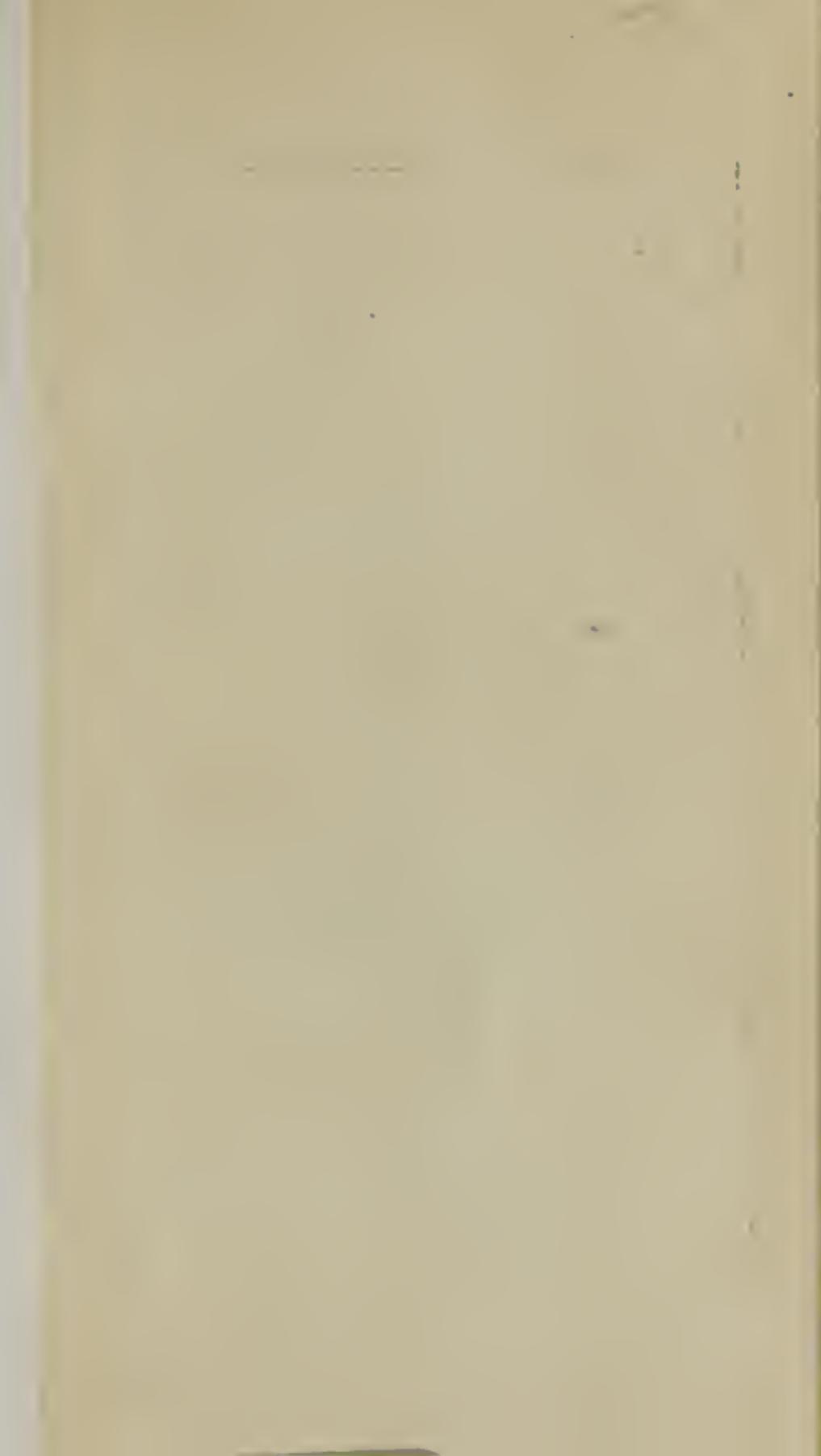
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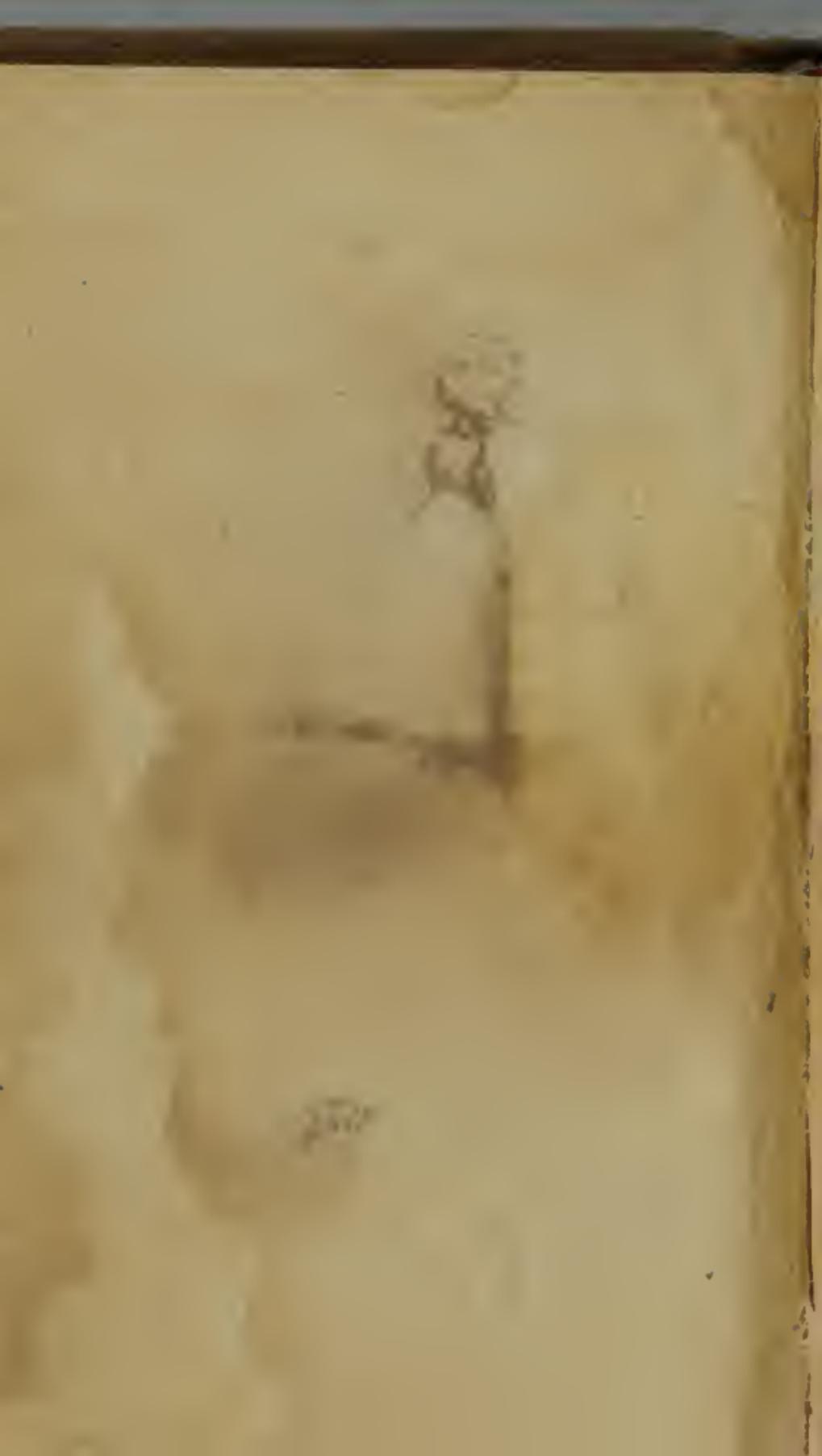
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WASHINGTON, D.C.





THE  
**AMERICAN PHYSICIAN,**  
AND  
**FAMILY ASSISTANT.**  
IN FOUR PARTS:

CONTAINING,

- I....A GENERAL DESCRIPTION OF VEGETABLE MEDICINES.
- II....THE MANNER OF PREPARING THEM FOR USE.
- III...DESCRIPTION OF DISEASES AND MANNER OF CURING THEM.
- IV...A DESCRIPTION OF MINERAL AND VEGETABLE POISONS, GIVEN BY THOSE CALLED REGULAR DOCTORS, UNDER THE NAME OF MEDICINES.

.....  
By ELIAS SMITH, Physician.  
.....

*They that be whole need not a physician, but they that are sick.....Matthew ix. 12.*

— 1820  
Montgomery.

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1826.

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1826

DISTRICT OF MASSACHUSETTS----TO WIT :  
*District Clerk's Office.*

BE IT REMEMBERED, That on the twenty-eighth day of July, A. D. 1826, in the fifty-first year of the Independence of the United States of America, ELIAS SMITH, of the said District, has deposited in this Office the title of a Book, the right whereof he claims as proprietor in the words following, to wit :

"The American Physician, and Family Assistant in four parts ; containing—I. A general description of Vegetable Medicines. II. The manner of preparing them for use. III. Description of diseases and manner of curing them. IV. A description of Mineral and Vegetable Poisons, given by those called regular doctors, under the name of Medicines. By Elias Smith, Physician.

"They that be whole need not a physician, but they that are sick. Matthew ix. 12."

In conformity to the Act of the Congress of the United States, entitled "An Act for the Encouragement of Learning, by securing the Copies of Maps, Charts and Books, to the Authors and Proprietors of such Copies, during the times therein mentioned :" and also to an Act entitled "An Act supplementary to an Act, entitled, An Act for the Encouragement of Learning, by securing the Copies of Maps. Charts and Books to the Authors and Proprietors of such Copies during the times therein mentioned ; and extending the benefits thereof to the Arts of designing, Engraving and Etching Historical and other Prints."

JNO. N. DAVIS, { Clerk of the Dis-  
{ trict of Mass.

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## INTRODUCTION.

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THE following work containing a description of the vegetable Medicines, chiefly the produce of our own country ; the manner of preparing and using them, in removing various diseases, with some account of different kinds of poison, given to the sick under the name of Medicine ; is designed for the general good of my fellow citizens of the present generation, and for such hereafter, as shall attend to what is directed for the sick, and what they should avoid as dangerous, taken either by the sick or those in health.

Some years ago, the author of this, published a small book on Medicine, which has been favorably received by many, in various parts of the world. Since that was written, the author has found several preparations, not known then, and has improved on the improvements he had then made, which renders the various Medicines and preparations more useful to the sick, than was known before. These are chiefly given in this work.

All the preparations mentioned here and the manner of using them, are given from actual improvements, having given the Medicines, and seen cures performed as here described.

The greatest thing, after a general knowledge of the Medicines here mentioned, and manner of administering them in common cases, is to know how to *vary* in particular cases, from what is needful in common diseases. Where it is mentioned that an *injection* and

*emetic* must be given, in certain cases ; this is not always needful, sometimes in the first appearance of the symptoms of a fever, the *powders*, *elixir*, and *pills*, given for a few days, will remove the obstructions and prevent a fever.

In cases of pain in the bowels, or a *cholic*, an injection given, as directed here, with a dose of powders will often give immediate relief, without an emetic. Frequently the head-ach may be removed, by wetting the head with *elixir*, snuffing it up the nose, and swallowing a table spoonfull, and taking a few pills, all these things must be used with discretion : and wisdom is profitable to direct.

It is about certain that this is the last work of the kind the author will ever send out into the world, as his years are now almost three score. The greatest object in publishing this, is, to lay a foundation for the removal of those *poisons*, which are now given in this country to the sick and distressed, under the name of Medicines, which doubtless cause many to die, or live many years in wretchedness, without benefit to themselves or others. There is no doubt in my mind, that the use of vegetables for medicines will finally prevail, and that this good will finally overcome the evils of vegetable and mineral poison, now given those who take it, not knowing what they do.

My whole mind concerning physicians, diseases, and medicines, is summed up in the words of Jesus the son of Sirach, as recorded in the Ecclesiasticus, xxxviii. ver. 1 to the 15th. " Honor a physician with

the honor due unto him for the uses which ye may have of him ; for the Lord hath created him. For of the most high cometh healing, and he shall receive honor of the king. The skill of the physician shall lift up his head ; and in the sight of great men he shall be in admiration. The Lord hath created Medicines out of the earth ; and he that is wise will not abhor them. Was not the water made sweet with wood, that the virtue thereof might be known ? And he hath given men skill, that he might be honored in his marvellous works. With such doth he heal men, and taketh away their pains.

Of such doth the apothecary make a confection ; and of his works there is no end ; and from him is peace over all the earth. My son, in thy sickness be not negligent ; but pray unto the Lord, and he will make thee whole, leave off from sin, and order thy hands aright, and cleanse thy heart from all wickedness. Give a sweet savor, and a memorial of fine flour ; and make a fat offering, as not being, or dead. Then give place to the physician, for the Lord hath created him ; let him not go from thee, for thou hast need of him.

There is a time when in their hands there is good success. For they shall also pray unto the Lord that he would prosper that which they give for ease, and remedy to prolong life. He that sinneth before his Maker, let him fall into the hand of the physician."

This description of physicians, diseases, and medicines, created out of the earth, agrees with what the apostle James has said upon

the subject, James v. 14, 15. "Is any sick among you; Let him call for the Elders of the Church; and let them pray over him, anointing him with oil in the name of the Lord, and the prayer of faith shall save the sick, and the Lord shall raise him up."

It is evident from this, that the ancient physicians were praying men, and that the *Elders* were formerly physicians, as they used *oil*, which was medicine. This same skill and medicine is now known, and it is this, (the oil of vegetables) here recommended for the benefit of such as being wise, will not abhor the medicines which God has created out of the earth by which he heals men, through the skill given to the physician he has created.

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#### TWELVE CAUTIONS TO THE SICK AND HEALTHY.

1. Be careful of cooling suddenly after any uncommon exercise.
2. Be careful of drinking cold water in very warm weather.
3. Avoid in hot weather, soda water, ice punch, and all mineral drinks in summer and winter; and the immoderate use of all ardent spirits. Remember what makes a well man sick, and causes a strong man to fall, will never make a sick man well, nor raise up a man that has fallen to the ground.
4. Beware of blistering and bleeding;—remember a blister is a burn, and if a natural ~~burn~~ one is worse. Remember that the method used to kill an ani-

mal (by bleeding) is not a rational way of curing a sick man.

5. Be careful to eat fresh meat in winter, and salt in the summer ; as many diseases are caused by eating meat almost tainted.

6. Avoid all minerals for drink or medicines, such as mercury, arsenic, calomel, nitre, tin, antimony, brass, silver, gold, iron, &c.

7. Avoid all vegetable poisons, such as opium, sicutæ (or garden hemlock) apple pero, fox-glove, tobacco, night-shade ; all these things are injurious to men.

8. By all means avoid *anguintum*, which is mercury and hogs fat ground together, and is very injurious to health. Do not take nitre, sweet nitre, spirits of nitre, &c. nor put it on meat—it is a most deadly poison.

9. Shun a certain preparation called the spirits of lavender, it is arsenic and lavender, a poison.

10. Let whatever may be your sickness, never consent to have your head shaved and blistered ; it shuts the pores, raises the heat on the outside, turns the cold to the brain, and commonly brings on delirium and death.

11. Whenever you bathe in water, be careful not to go in very warm, nor stay in too long.

12. Be careful not to eat too much at a time, and (if possible) to avoid long abstinence.

# **AMERICAN PHYSICIAN**

**AND**

## **FAMILY ASSISTANT.**

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### **P A R T I.**

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#### **MAN.—HOMO.**

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Man is composed of solids, fluids, a vital principle, and what distinguishes him from every other animal, a soul.

I. The solids are divided into hard and soft, which analysis demonstrates to be formed ~~and~~ <sup>and</sup> intermixed together by an intermediate gluten. The hard parts are the

bones and cartilages. The soft parts, muscles, nerves and viscera, and every other part, except the fluids.

## 2. The fluids are very various.

Anatomy demonstrates the structure of the various parts of which the human body consists. Chemistry has, of late, made great progress towards ascertaining its principles and elements, which are as follows :—

The constituent principles of man are—1. *The water*, which constitutes the greatest part of the humours, and is the vehicle of the other principles. 2. *The animal gas*, which consists of carburetted hydrogen, and is found, not only in the blood, but in all the other fluids. 3. *The inflammable gas*, emitted from the large intestines, in *flatu*. 4. *The animal gluten*, which consists of carbon and azote, and forms the fibres of the solid parts ; the caseous portion of the milk ; and the principal part of the *cruor* of the blood. 5. *The albumen*, present in the serum of blood. 6. *The jelly*, found in the serum of the blood ; lymph of the lymphatic vessels, and other fluids. 7. *The cruor*, which is the animal gluten impregnated with iron. 8. *The mucus*, which lubricates the *prima viæ* ; the aerial surfaces of the lungs ; the parts of generation, and the urinary passages. 9. *The animal oil*, which fills the cells of the adipose membrane. 10. *The resin*, found in the bile. 11. *The sebasic acid*, which is present in animal oil. 12. *The phosphoric acid*, which enters into the composition of the animal earth of the bones, and some of the salts of the urine. 13. *The saclactic acid*, in the

sugar of the serum of the milk. 14. *The sugar*, latent in the serum of the milk. 15. *The animal earth*, which is phosphate of lime, and not only forms the greatest part of the bones, but also is found in the fibres of the soft parts, and in all the fluids. 16. *Phosphate of ammonia*, and, 17. *Phosphate of soda*, both of which are detected in the urine. 18, *Culinary salt*, obtained from the urine, gastric juice, and other humours.

The elementary principles of our body, hitherto known, are, 1. *Azote*, an element which, combined with hydrogen, constitutes volatile alkali ; with the matter of heat, azotic air ; with carbon, the gluten of animal fibres. *Azote* is the primary element of the animal body, for it may be extracted from almost every part of the animal ; the mucus, jelly, membranes, tendons, ligaments, and cartilages, afford it in a less degree : the lymph, serum of the blood, the water of hydropic patients, the liquor amnii, and cheese, give out more ; the greatest quantity is obtained from the coagulable lymph of the blood, and from muscle. The flesh of young animals contains less than that of old : and it is in greater quantity in sarcophagous, than in the flesh of phytophagous animals and fish. 2 *The matter of heat*, which enters into the composition of both solids and fluids, and which, in a separate form, constitutes the animal heat. 3. *The matter of light*, which, in its free state, produces vision, and, when compounded, enters as an element into the compo-  
si... aminable parts. The eyes of animals, which shine in the night-

time, owe this property to the matter of light.

4. *The electric matter*, which enters into all bodies, and affords the phenomena of animal electricity. 5. *Oxygen*, which, in combination with the matter of heat, constitutes vital air ; with hydrogen, forms water ; with acescent bases, the acid salts of our fluids. 6. *Hydrogen*, which, combined with oxygen, forms water ; with azote, volatile alkali ; with the matter of heat, inflammable air, which is emitted from the large intestines ; and with carbon, animal gas ; and lastly, combined with carbon, and the sebacic acid, constitutes the oil of the adipose membrane. 7. *Carbon*, which, in combination with hydrogen and the sebacic acid, constitutes the oil of the adipose membrane ; with hydrogen alone, animal gas ; with azote, animal gluten. 8. *Sulphur*, which, combined with inflammable air, constitutes the hepatic air that exhales from muscular fibres, hair, incubated eggs, animal glutten, and, according to Lavoisier, human excrement. 9. *Phosphorus*, which with oxygen, forms the phosphoric acid ; and, with inflammable air, phosphuretted hydrogen. The lucid sweat of some men, the phosphorescence, or light, given out by the putrefying bodies of some animals, and the phosphorns obtained from cheese and human bones, sufficiently show that phosphorus constitutes an element of our body. 10. *Soda*, or the fixed mineral alkali. 11. *Potash*, or the fixed vegetable alkali. Each of these is found in several of the fluids of the human body. 12. *An earthy element*. Of the earths, no kind is so frequently detected as the

*calcareous.* which is found in the bones and other parts 13. *A metallic element.* Of so great a number of metals, iron and manganese alone are found in an organized body, whether animal or vegetable. Iron is in greater quantity in the flesh than in the bones ; but in the greatest proportion in the *crvov* or red part of the blood. 14. *An odorous principle,* perceptible in all the animal fluids : but of a peculiar kind in the human urine and excrements. 15. *The nervous fluid,* or principle contained in the nerves, and which appears to be an element *sui generis*, distinct from all known fluids, and not to be collected by art.

3. The *vital principle.* In all solid and fluid parts of a living body, there exists an element, with properties peculiar to itself which constitutes life ; hence it is justly called vital. This principle induces a mode of union in the other elements, widely differing from that which arises from the common laws of chemical affinity. By the aid of this principle, nature produces the animal fluids, as blood, bile, serum, and the rest, which can never be produced by the art of chemistry. But, if, in consequence of death, the laws of vital attraction, or affinity, cease to operate, then the elements, recovering their former properties, become again obedient to the common laws of chemical affinity, and enter into new combinations, from which, new principles, in the process of putrefaction, are produced. Thus the hydrogen, combining itself with the azote carburetted hydrogen, with the azote, putrid air, into which

the whole body is converted. It also appears from hence, why organized bodies alone, namely, animal and vegetable, are subject to putridity ; to which inorganic or mineral substance are in no degree liable, the latter not being compounded according to the laws of vital affinity, but only according to those of chemical affinity. For the fatiscense, or resolution of pyrites, or sulphuret of iron, in atmospheric air, is not putrefaction but only the oxygen furnished by the air, combining with the sulphur, and forming iron and sulphate of iron.

Fire, as well as putridity, separates the constituent principles of animal bodies into their elements ; but these, by a peculiar law, under the action of fire, again combine in a different manner, and form peculiar constituent principles, called the products of fire. Thus the hydrogen, combining with azotte, is changed into volatile alkali : but with a large proportion of carbon, it forms empyromatic oil. From what has hitherto been said, it will also appear, that the true constituent principles of the animal body cannot be detected, either by putrefaction or the action of fire ; for by these means we only discover the elements of those principles. Thus, whenever volatile alkali is found to be generated, azotte and hydrogen may be supposed to have been present in the natural state of the animal substance ; and when empyreumatic oil is obtained, it may be concluded it is furnished by the hydrogen and carbon of the animal part.

*Hooper's Dict.*

# American Physician, &c.

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## MAN, AS A SUBJECT OF DISEASE, AND MEDICINE.

ALL men are composed of earth and water; these are the solids; the heat or fire gives motion to the man, earth and water are inactive, or dead. The air or fire is fluid and gives action to earth and water.

The constitutions, or constituent parts of all men are the same, as all are composed of the same elements, and differ only in the temper of the same materials.

All men have similar solids and fluids, which are comprised in the following ;—fibres, membranes, arteries, veins, lymphœducts, nerves, glands, excretory vessels, muscles, tendons, ligaments, cartileges, and bones, to which may be added, the hair and nails.

The FIBRES, as they appear to the naked eye, are simple threads of the minutest blood vessels or nerves, or both.

MEMBRANES, are compages of fibres, expanded to cover, or line, any other part.

ARTERIES, are tubes that arise from the ventricles of the heart, and thence dividing into br  
o every part of the body.

VEINS, are tubes to collect and return the blood from the extremities of the arteries to the heart.

LYMPHÆDCTS are fine pellucid tubes, to carry lymph (water) from all parts, especially the glands, which they discharge into the larger veins and into the vasa lactea, blood vessels.

NERVES, are the immediate organs of sensation, which originate from the brain, and terminate in all the sensative parts.

A GLAND SECRETORY, is composed of an artery, vein, lymphatic, excretory duct, and nerve. The use of glands is to secrete fluids from the blood for divers uses.

EXCRETORY VESSELS are either tubes from glands to convey the secreted fluids to their respective places, or vessels from the small guts, to carry the *chyle* (the white juice formed in the stomach by digestion of food) to the blood vessels.

MUSCLES, are distinct portions of flesh, (or springs) which by contracting, perform the motions of the body.

TENDONS, are the same fibres of which the muscles are composed; but more closely connected, that they may possess less space in a limb, and be inserted in less room into a bone.

LIGAMENTS, are strong membranes, or bodies of fibres closely united, either to bind down the tendons, or give origin to the muscles, or tie together such bones as have motion.

CARTILAGES, are hard elastic bodies, smooth and insensible; their use is to cover the ends of the bones that have motion, to prevent their attrition, &c.

BONES, are firm parts to sustain, and give shape to the body, &c. &c.

When all this variety in man is in harmony, (including the brain, heart, lungs, liver, &c.) or equally balanced, the man is well; when any part is disordered, the man is more or less unwell.

There are four things peculiar to a well man. 1. A good digestion; for if a man has no appetite, or a craving voracious appetite, he cannot enjoy good health. 2. The body in all its parts free from obstructions, caused by cold or filth. 3. The circulation of the blood free, by being suitably warmed and cleansed. 4. The perspiration natural; not sweating too much or none. A cold clamy, or gluey sweat, is always an unfavorable symptom.

Whenever either of these are lacking, the man is more or less unwell.

That medicine which is best calculated to promote digestion, remove obstructions from the different parts of the body, make the circulation of the blood natural, and cause the perspiration to be regular, is the only medicine suitable for a sick man.

As all men are made of what grows out of the earth, as to the solids, it is certain that nothing can restore a sick man to health, but the medicine which grows from the same earth. Man is fed with what grows, is clothed with what grows, and if he is cured, when sick, his medicine must come from the same source. Here we see the impropriety of giving mercury, antimony, zinc, or any other mineral poison. Every

kind of vegetable poison, such as *opium*, *sicutia*, *foxglove*, *nightshade*, *apple peruviana*, is injurious, and more or less dangerous, whether taken inwardly, or applied outwardly.

Hippocrates said there was in every man a kind of immortality, which he called nature or heat. This raised to a certain pitch, throws off the bad, and hold the good. This is truth, and on this depends the health of every man. This begins and continues all the motion or life of man, and when this fails, all life is gone. The man is then "as cold as death."

I cannot in any other way so clearly give my readers a general view of the human body, as in the words of an ingenious English author, who has written a plain and concise description of man, which every one who wishes a knowledge of this subject, may read with pleasure and profit; and by it may see the impropriety of giving minerals to the sick, in the hope of relieving them. His words are these:—

"When the all wise Creator determined on making beings which should be able to move from place to place, he contrived for them an organization different from that of beings which were fixed.

As moveable beings could not have their roots in the ground, he provided them with the cavity of the stomach, in which they were to carry about what should be equivalent to the soil for plants; and the suckers of their nutriment centering into that cavity, were destined to act like the roots of plants in the soil.

Hence, in all animals, exists the necessity

of eating frequently, to fill the cavity of the stomach ; hence the folly and mischief of filling it with heterogeneous and unnatural substances ; it being the object of nature simply to extract from the matter in the stomach a homogenous milky substance called *chyle* ; no other juice but chyle being admitted into the animal system, the rest being rejected and expelled.

As animals were intended to move about, the perfect are therefore provided with *eyes*, to see objects which might endanger their safety, with *ears* to hear, for a similar reason ; with a *voice* to warn others, or to obtain assistance in danger.

Hence, also, they were provided with senses of *smelling* and *tasting*, to discriminate the food which was proper for the stomach ; and with the sense of *feeling*, to secure their identities, and excite them to action.

And though things sensible be numberless,  
But only five the senses' organs be ;

And in those five, all things their forms express,  
Which we can touch, taste, smell, or hear, or see.

The organs of sense and the powers of volition proceed from the head and *brain*, by the nerves, which direct the muscles and tendons ; but the functions of animal life are sustained by a simple, yet wonderful arrangement, in the stomach and cavities of the body.

The *heart* is the centre of a vast number of tubes, called *arteries* ; and by its never-ceasing contraction, it carries the blood through them " " " " " diffusing every where warmth and life.

The blood of a man, thus driven by the contraction of the heart (a force like that by which water is driven out of a syringe or bladder,) weighs about 30 pounds ; and, as this is the stock of the precious fluid possessed by each of us, and our lives depend on its constant circulation, it is not allowed to remain at the extremity of the arteries, but is there taken up by another set of tubes called *veins*, and by them brought back again to the heart.

Thus, there is a constant circulation, outward and inward, of this same blood, at the rate of an ounce to each contraction, from the heart through the *arteries*, and back to the heart by the *veins*. To warm, revive, nourish it and keep up its quantity, there are various other wonderful, but very simple contrivances.

Were once the energy of air deny'd,  
The heart would cease to pour its purple tide ;  
The purple tide forget its wonted play,  
Nor back again pursue its curious way.

The heart consists of four cavities, from one of which, called the *left ventricle*, the blood is driven into the arteries through the body ; by another, called the *right auricle*, it is received back again by the veins : it then passes into the *right ventricle*, whence it is forced into the lungs.

Having there been revivified by coming into contact with the air, it is carried back by a set of veins into the *left auricle*, and, from thence, into the *left ventricle*, where it began its course : it is then again forced into the arteries, brought back by the veins, &c. till the end of life.

The *lungs* are a large spongy substance, filling nearly the whole cavity of the chest, which rises as they fill, and falls as they empty, in respiring air through the mouth and nostrils.

The act of respiration is performed about 20 times in a minute ; and about 40 cubic inches of air are respired every time ; of which 2 inches oxygen are absorbed by the blood in the lungs, producing, at the same instant, 98 degrees of vital heat, and restoring to the venous blood its bright red colour.

[*Obs.*—The *Lights* as they are called, or the lungs of sheep and oxen, are exactly similar to the lungs of man. On inspection, they will be found to be wonderfully adapted to their design of bringing the air into contact with the blood. Any rupture in their tender fabric, or defect in their action, leads to the fatal disease, called Consumption.]

Four thousand times in every hour, each cavity of the heart is called into action ; and all the blood in the body passes through the heart 14 times during that space.

The arteries, into which it is forced, branch in every direction through the body, like the roots, branches, and leaves of a tree, running through the substance of the bones, and every part of the animal substance, till they are lost in such fine tubes as to be wholly invisible.

In this manner, they distribute nourishment ; supply perspiration ; and renew all the waste of the system ; and, by passing through glands in every part of the body, all the various

In the parts where the arteries are lost to

the sight, the veins take their rise, and in their commencement are also imperceptible. The blood is then of a dark colour; and, as it returns to the heart with a less impetus, there is always more blood in the veins than in the arteries.

As the blood, in this discoloured state has lost some of its vital power, it is driven through the lungs, and its colour is restored; but on its passage back to the heart, it also receives a supply of a new fluid extracted from the food of the animal in the stomach and intestines.

The loss of weight in a human body by perspiration in 24 hours is about four pounds; and what is gained by the inspiration of air into the lungs, is lost by the expulsion of moisture, and of gas generated in the lungs.

The motion of the lungs is preserved by that of the chest containing them; that of the heart may be felt on the left breast; and the circulation of the blood, from the action of the pulse in various parts of the body, and particularly at the wrist.

In children, the pulse gives 120 strokes in a minute; at 20 years, about 75: at 30, about 70; and in old age, 60, or 65.

For the purpose of renewing and nourishing the blood, food is taken in at the mouth, macerated by the teeth, and mixed with the saliva: it is then carried into the stomach, a bag like a highland bag-pipe; where it is dissolved into a soft pap by a powerful liquid called the gastric juice.

This pap is then forced from the stomach into the intestines; where it is separated into

a white milky liquid called *chyle* and into the excrement.

The chyle is taken up or absorbed, by myriads of fine tubes called the *lacteals*, which carry it to a main-pipe called the thoracic duct. This pipe ascends to the throat, where it empties the chyle into a large vein, and being mixed with the blood, is conveyed to the heart.

Of such subtle and wonderful contrivance is the organization of man! Similar also, is the construction of the whole of animated nature, from the greatest to the smallest.

Within the package of the skin, and essential to life and comfort, are numerous bones for strength ; hundreds of muscles and tendons for action ; nerves spread every where for sensation : arteries, to carry out the blood ; veins to bring it back again ; and glands performing all kinds of secretions ; besides an infinite number of tubes called lacteals and lymphatics, to absorb and convey nutriment to the blood.

Such being the complex construction of our bodies, is it not wonderful that we last 70 or 80 years ! When it is considered also that a muscle or a bone out of place, a vein or an artery stopt in its circulation, or a nerve unduly acted upon, creates disease, pain, and misery ; is it not wonderful that we enjoy so large a portion of health and pleasure ?

Should not such considerations teach us the value of prudence and temperance ?

*Timor in your succum et agit, — mousand ways,  
Upward and downward, thwarting and convolv'd,*

The quivering nations sport ; till, tempest-wing'd  
Fierce Winter sweeps them from the face of day ;  
Ev'n so, luxurious men unheeding pass  
An idle summer-life in fortune shine—  
A season's glitter ! Thus they flutter on  
From toy to toy, from vanity to vice :—  
Till blown away by death oblivion comes  
Behind, and strikes them from the book of life

THOMSON.

The *nerves* are soft white chords which rise from the *brain*, the focus of sensation, and disperse themselves in branches through all parts of the body. Impressions are received by the brain from the adjacent organs of sense ; and the brain exercises its commands over the muscles and limbs by means of the nerves.

Thus, the body is enabled to avoid what is hurtful, to flee from danger, and to pursue every thing useful and agreeable.

[*Obs.*—The proper object of vegetable organization appears to be to supply food to animated nature ; and the wisdom of Providence is in nothing more evident than in the variety, wholesomeness, and abundance of vegetable provisions.]

The *ear* is placed in the most convenient part of his body near the brain, the common seat of all the senses, to give more speedy information.

In man it is of a form proper for the erect posture of his body ; in birds, of a form proper for flight, and not protuberant ; in quadrupeds, its form is, in some, large, erect, and open ; in others, covered ; in subterraneous quadrupeds, the ears are short and lodged deep.

The structure of the ear is admirably contrived to collect the undulations of sound, and to convey them to the sensory in the brain. The first part is the auricle, or external ear, formed to stop and collect the sonorous undulations, and convey them to the concha, or large capacious round cell, at the entrance of the ear. Persons, whose ears are cut off, have a confused hearing, and are obliged to form a cavity round the ear with their hand.

In the interior is the auditory passage, curiously tunnelled and turned, to give sounds an easy passage, and prevent their too furiously assaulting the more tender internal parts.

To prevent the entrance of noxious insects, this passage is secured with a bitter nauseous substance, called ear-wax. The next principal part is the membrana tympani, or drum of the ear, with its inner membranes, the four little appendant bones, and the three inner muscles to move them, and adjust the whole system to hear loud or soft sounds.

The passage behind the drum of the ear, is called the vestibulum, being the entrance to two other cavities, called the labyrinth, and the second cochlea, from its resemblance to a snail shell.

The principal organs of the sense of smelling are the nostrils and olfactory nerves; the ramifications of which are distributed throughout the nostrils.

Smelling is effected by the odorous effluvia in the air, being drawn into the nostrils by inspiration, and the force against the olfactory nerves, as to shake them, and occasion ideas of sweet, foetid, sour, and aromatic.

The *taste* is that sensation which all things give to the tongue ; but some consider the palate, the upper part of the roof of the mouth to be the instrument of taste.

The Creator seems to have established a very intimate union between the eye, the nose, and the palate, by directing branches of the same nerves to each of these parts, by which means there exists all the necessary guards against pernicious food ; since, before it is admitted into the stomach, it undergoes the trial of two of the senses and the scrutiny of the eye.

*Feeling* is the sense by which we acquire ideas of solid, hard, hot, cold, &c.

Some consider the four other senses merely as modifications of *feeling*.

The immediate organs of feeling are the pyramidal papillæ under the skin, which are little, soft, medullary, nervous prominences, lodged every where under uttermost skin.

*Feeling* is the most universal of our senses ; in blind persons, the defect of sight has been supplied by their exquisite touch or sense of feeling. Spiders, flies, and ants, have this sense in greater perfection than man.

From these five senses, flow all our sensitive perceptions, the result of experience ; and all the various habits, qualities, passions, and powers of animals.

Certain practices called *instincts*, not the apparent result of experience, appear to us to belong to some animals, contrived by some unknown means of that all powerful Creator, whose wonderous and incomprehensible works

inspire with rapture and devotion the being whom he has qualified to examine and estimate them.

As a prop-work or substantial frame to the body, the *bones* are formed.

That the bones might not interfere with motion, they are provided with hinges or *ligaments*.

That the ligaments might work smoothly in one another, the joints are separated by gristles or *cartilages*, and provided with a gland for the secretion of oil or *mucus*, which is constantly exuding into the joints.

There are 248 separate bones in the human body, classed under those of the head, the trunk, and the extremities.

The skull, or *cranium*, consists of eight pieces, and serves as a vault and protection to the brain. There are also the cheek-bones, the jaws, and 32 teeth imbedded in them.

The head is joined to the trunk by the vertebræ, consisting of several short bones, to the upper part of which it is fastened by an hinge joint, and turned in the socket of the next lower one to the right or left by suitable muscles.

In the front and centre of the trunk is the breast bone, extending from the neck to the *abdomen*; and opposite to it, in the *back*, is the *spine* or back-bone, which extends from the skull to the bottom of the loins, and is a long chain of separate short bones, called vertebræ.

These serve as the support of seven hoops or *ribs*, which are inserted in *meats*, and form the chest or *thorax*, in which are the *heart*, *lungs*, &c.

Beneath them, inserted in the spine only, and extending but half way round the body, are five false ribs. The hip-bones supporting the abdomen are called the pelvis.

From the neck to the top of each arm, a bone extends on each side, called the collar-bone, and the blade bones are independent supporters of it. The bone extending from the shoulder to the elbow is called the humerus.

From the elbow to the wrists are two bones, the outer of which is the *radius*.

The thigh-bone is called the *os femur*; the knee, the *patella*; and the leg has two bones like the arm, the inner called the *tibia*, and the outer the *fibula*.

The Animal Frame is constantly exhausted and renewed; so that every particle of the human body is changed in the compass of a year!

Nor is it less surprising that so many different substances as compose every animal body, should also be secreted by the glands from the same blood, than that, that blood may, in every instance, be traced to grass for its origin.

[*Obs. 1.*—Those functions by which aliment is assimilated for the nourishment of the body, are *digestion*, *absorption*, *circulation*, *respiration*, and *secretion*; and the effect of such assimilation is called *nutrition*.

2.—The food received into the stomach after mastication by the teeth, and being mixed with *saliva*, is converted into *chyme* by the gastric juice; the chyme passes into the intestines, where it is converted into *chyle* and

*excrementitious matter*; which last, being separated by means of *bile*, is evacuated from the body; whilst the *chyle* is absorbed by the *lacteals* and conveyed into the *blood vessels*.

3.—The absorbent system consists of the *lacteals*, *lymphatics*, the *thoracic duct*, and the glands called *conglobate*, throughout the body.

4.—*Glands* are organic bodies consisting of *blood vessels*, *nerves*, and *absorbents*, intended for the secretion or alteration of particular fluids. They are divided into four classes, *simple*, *compound*, *conglobate*, and *conglomerate*; and the orifices of glands are said to be peculiarly irritable.

5.—*Secretion* is the process by which various fluids are separated from the blood by means of the glands. The secretions are divided into the *saline*, as sweat and urine; the *oleaginous*, as the fat, cerumen of the ear, &c.; the *saponaceous*, as bile and milk; the *mucous*, as on the surface of membranes, &c.

6.—*Sensibility* is the faculty of perception by the contact of an extraneous body; and this principle is generally diffused in our corporeal organs, but in different degrees. That modification of animal matter, in which sensation appears peculiar to exist, is termed *nervous*.

7.—*Motion* is effected by the muscular fibre contracted by volition; but the will can only exercise this power, through the *medium* of the nerves. *Irritability* is the power of contraction, inherent in our bodily organs, but not liable to be influenced by the will.<sup>1</sup>

All the senses in man, and all their varied powers of action are exactly adapted to

their different modes of existence. What is food to one, is poison to another; and every one finds provision according to its natural habits.

Every thing, also, is in exact proportion; and every provision of nature harmonizes with the corresponding desires and wants of animals.

Nature's unnumbered family, combine  
In one beneficent, one vast design ;  
E'en from inanimates to breathing man,  
An Heaven-conceived, Heaven-executed plan ;  
Onward, from those, who soar, or lowly creep,  
The wholesome equipoise through all to keep ;  
As faithful agents in earth, sea, and air,  
The Lower World to watch with constant care :  
Her due proportion wisely to conserve ;—  
A wond'rous trust, from which they never swerve."

PRATT'S LOWER WORLD.

Having given the above description of the different parts of man, we now proceed to a description of medicines for general use in diseases, peculiar to Americans; and equally beneficial to all nations, tongues, and languages on the whole earth. A proof of this is, that the medicines described in this work are impartial, I have administered them to people from different parts of North and South America, and from *Europe, Asia and Africa*. Restoration to health has been the effect of the medicines given in all curable cases. Should this work fall into the hands of people in any part of the world, they may be certain that the use of the vegetables, as described here are safe, and will certainly cure, if applied in season.

## MEDICINES FOR COMMON USE.

### HEMLOCK BARK.

This is generally known in all parts of the United States. There is a poisonous plant called Garden Hemlock, or Cicuta, which should never be used, as it is a deadly poison. Hemlock bark is taken from the hemlock tree. The inner bark or meat, is the part to be used for medicine. It is an excellent medicine for canker, when made into a strong tea, either to drink, or to wash a canker sore.

The following is my method of preparing it for use. Take the bark as it comes from the tree; use such as is well dried and bright upon the inside. Shave off the ross, and pound the bark fine in an iron mortar, or grind it in a mill. A tea made of this bark is good for children, and grown people who are troubled with canker in their mouths, throats, stomachs and bowels; to wash canker sores, or to make poultices, for canker, to be thickened with crackers and slippery Elm.

[See Poultice]

Red Raspberry leaves made into a tea, witch hazel leaves, sumac leaves or berries are also good for canker, when made into a tea and used freely. Evan root, or what some call chocolate root, is good for canker, when an astringent is needed. [See Emetic.]

### AMERICAN CAYENNE.

American Cayenne has not long been known by this name. There are three kinds of American Cayenne. 1. A kind

which grows in all the New England States, and used to be called red pepper. There are different kinds as to the shape of the pods, and when this kind is ground and sifted, it is sold for *Cayenne*, and is used with food. This is good as a medicine with other medicines, and when no other kind is to be had, may be used as a substitute, though its power is not sufficient to remove all obstructions, which other kinds will do when properly compounded with other vegetable medicines. It is not sufficiently strong to make good elixir.

2. There is another kind of American Cayenne, which grows in Rhode Island, and is raised principally by a Mr. Child, of Warren, R. I. and is always for sale at the grocery stores in Boston. It is said that he brought the seed from the West Indies, and that the difference between that and W. I. Cayenne, is only as the difference of the two climates. It is not more than one half so warm to the mouth, as the W. I. Cayenne. This is much better than the West India Cayenne to use in the first part of the preparations of the Emetic; for making vegetable powders, bitters, &c. The use of this will be mentioned when we describe vegetable powders, bitters, and the manner of preparing and giving the vegetable emetic in another part of this book.

3. There is a third kind of American Cayenne, which is called *Philadelphia Cayenne*; this grows in Pennsylvania, and is brought from Philadelphia, and kept by some apothecaries and grocers in Boston.

This I consider the best kind of American

Cayenne. It is of a bright colour, nearly scarlet. It is clean, and suited to the constitutions of the people of these United States. Using this principally in giving an emetic, prevents pain, and raises the heat gradually ; whereas, the West India Cayenne, if used without this, raises the heat too quick, and often distresses the sick very much.

In giving a description of several preparations of medicines, these kinds of *Cayenne* will be mentioned, and this description of these *Cayennes* will serve to instruct the reader in preparing medicines for use.

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#### WEST INDIA CAYENNE PEPPER.

It is thought by some that this is a newly discovered medicine, not having been known till within a few years, but the following will shew that it has been known as an excellent medicine for more than thirty years past.

In the Edinburgh Dispensatory, printed in the year 1791, page 256, is the following : "PIPER INDICUM. [London edition.] *Fructus, Capsicum annum.* " Guinea pepper, or capsicum ; the fruit." This is an annual plant, cultivated in our gardens ; it ripens its red pods in September, or October. The taste of capsicum is extremely pungent, and acrimonious, setting the mouth as it were on fire. It is chiefly employed for culinary purposes, and has long been used in that way ; but of late it has been employed also in the practice can be little doubt that it furnishes us with one of the pur-

est and strongest stimulants which can be introduced into the stomach; while, at the same time, it has nothing of the narcotic effect of ardent spirit. Dr. Makitrick Adair, who was perhaps the first that employed it as a medicine, directs its being given to the extent of six or eight grains in the form of pills, or in the form of tincture made by infusing half an ounce of it in a pound of rectified spirit, and given from one to three drams diluted for a dose. He has found it useful in a variety of affections, particularly in that morbid disposition which he calls the *cachexia africana*, and which he considers as a most frequent and fatal predisposition to disease among the slaves. This pepper has also been of late successfully employed in a species of *cynanche maligna*, which proved very fatal in the West Indies, resisting the use of Peruvian bark, wine, and the other remedies commonly employed.

A species of it, called in the West Indies *bird pepper* is the basis of a powder brought us from thence under the name of "cayenne pepper."

Dr. Thatcher, in his Dispensatory, written in 1809, gives the following account of Cayenne, in page 168. "This species of pepper is a native of South America, and is cultivated extensively in the West India Islands. The pods are long, pointed, and pendulous, at first of a green colour, and afterwards of a bright orange red. The taste of *capsicum*, is extremely pungent and acrimonious; setting the mouth as it were, on fire. Its pungency

is completely extracted by alcohol, and partly by water.

"Cayenne pepper is an indiscriminate mixture of the powder of the dried pods of many species of capsicum. These peppers have been chiefly used as a condiment, [for seasoning, or a sauce.] They prevent flatulence (or wind) from vegetable food, and have a warm kindly effect upon the stomach. An abuse of them, however, gives rise to visceral obstructions, especially of the liver. Of late they have been employed also in the practice of medicine. There can be little doubt, but they furnish us with one of the purest and strongest stimulants, that can be introduced into the stomach; while, at the same time, they have nothing of the narcotic effects of ardent spirits.

"Dr. Adair Makitrick, who was perhaps the first that employed them as a medicine, directs them to be given to the extent of six or eight grains, under the form of pills, or in tincture, made by infusing half an ounce of the pods, in a pound of rectified spirits, and to be given from one to three drachms in a dose. He has found them useful in a variety of affections, particularly in that morbid disposition, which he calls the *cachexia africana*, and which he considers as a most frequent and fatal predisposition to disease among the slaves. Dr. Wright says, that in *dropsical*, and other complaints, where chalybeates (impregnated with iron or steel) are indicated, a minute portion of powdered capsicum (cayenne) forms an

excellent addition, and recommends its use in lethargic affections.

"This pepper has also been successfully employed, infused in vinegar, as a gargle in a species of *cynanche maligna*, which proved very fatal in the West Indies, resisting the Peruvian bark, wine and the other remedies commonly employed. The practice, though successful in the West Indies, it is said, is not without danger from the inflammation it is liable to induce.

"In tropical fevers, coma (or *carus*, a slight degree of apoplexy) and delirium are common attendants; and in such cases, cataplasms, (poultices) of *capsicum* have a speedy and happy effect. They redden the parts, but seldom blister, unless kept on too long. In *ophthalmia*, [a disease of the eyes, being an inflammation in the coats, proceeding from arterious blood gotten out of the vessels] from relaxation, the diluted juice of *capsicum* is a sovereign remedy."

From what is recorded in the Edinburgh and American Dispensatories, respecting *Cayenne Pepper*, as a medicine, the following particulars are evident.

1. That it has been known and used as a medicine for more than thirty years past.
2. It is acknowledged to be one of the *purest* and *strongest* stimulants (exciting a quick sensation) which can be introduced into the stomach, being at the same time entirely destitute of any *narcotic*, or stupifying effect on such as use it.
3. Dr. Makitrick found it particularly use-

ful in dropsical complaints, and other dangerous diseases; even when other medicines failed.

4. Dr. Thatcher declares that it is useful in removing wind or cold from the stomach, and as having a warm and kindly effect upon the stomach. He adds, that Dr. Wright declares it good in lethargic complaints.

5. Dr. T. adds, that in diseases attended with delirium, a poultice made with cayenne, has had a speedy and happy effect by removing that delirium; and that in inflamed eyes, the juice of it is a sovereign remedy.

Notwithstanding all said against this medicine, it is evidently a good thing for the sick, as well as a good article with food for the healthy; when used as it ought to be. In preparing the Elixir, this only will answer to make it good and powerful in removing pain. Many are disappointed in using the *Elixir*; this is because *American Cayenne* is used instead of this kind. In many cases of rheumatism, an ounce of this Cayenne boiled in one quart of strong vinegar, is an excellent thing to bathe the affected parts with, as it removes the pain, brings down the swelling, and makes the joints limber, and restores the action of the part affected.

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#### BAYBERRY.—BARK OF THE ROOT.

This is by some called *Candleberry Myrtle*; but *Bayberry* is the name by which it is known in this country, particularly in New England. It is a kind of shrub, and generally grows from

two to four feet high. It is the most common near the sea shore. It bears small berries, from which by boiling, a kind of tallow of a greenish colour is obtained, which is used with common tallow to make the candles hard that are used in hot weather. This tallow is also good to put in salve, which is made and used by country people.

The leaves of the plant are good to make a strong tea of, to gargle the throat when sore, or swelled. The roots is the most valuable part for medicine, which are strong at any season of the year, when obtained. The best time to procure it, is when the sap runs, or in warm weather. The roots must be pulled up and washed clean. When this is done, lay the root on a stone, take a hard dry stick, and crack the bark from one end of the root to the other. This will make the bark come off easy and quick. It ought to be dried in the sun.

A strong tea made of this bark is good for a sore throat, for canker in the throat, stomach and bowels, and to cure a recent relax. It is also an excellent tea to wash a foul, or cankered sore. The bark made into powder is good for snuff to clear the nose and head, and cure pain in the head; also as a tooth powder, to clear the gums of scurvey, and remove canker from the mouth.

The bark of this root, made fine by pounding it in an iron mortar, or by the pulverizing mill, is a principal article in the vegetable powders, mentioned in this work.

[See *Vegetable Powders.*.]

In some states of the stomach, this powder in warm water answers for a gentle *emetic*, though it will not always operate in this way. When it does, the operation is always safe.—An heaping tea spoonful is enough for one time.

This medicine is continually coming into use in this country, and without any doubt, its medical properties will hereafter become more known than at present.

The reader will find a further description of this plant, where medicines are described, in which this article makes one part of the preparation.

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#### THE PLANT OF RENOWN

It appears from the writings of the Prophet *Ezekiel*, that in his day there was one plant used by the people, which was in itself superior to all others known at that time; as it possessed medical properties which was not to be found in any other. To illustrate the glory and excellencies of the *MESSIAH* who was to come, he made use of this plant, that they might see his superiority above all others when he should appear among them. He says, *Ezekiel*, 35, 29. “And I will raise up for them a **PLANT OF RENOWN**.” The plant which I call the **PLANT OF RENOWN**, if not the one mentioned by the Prophet, is superior to any plant in this country, and will with other vegetable medicines, do what no other one will do, and I think well deserves this name.

This plant has a variety of names in this country. It is called *Indian Tobacco*—*Emetic Weed*—*Emetic Herb*—*Lobelia Inflata*—*Lobelia Emetica*. Some call it poisonous, some useful, some useless. Some say it will kill immediately, and some say it is an infallible cure in all curable cases, &c.

As much is said of this plant at the present time, I shall be particular in stating what others have said of it, and in giving what I know to be true of it as a medicine for the relief of the sick.

I shall first give my readers an account of it as stated by Dr. *Thatcher*, Dr. *Drury*, and Dr. *Cutler*, as published by Dr. *Thatcher* in his “*American New Dispensatory*,” printed in 1810, or not far from that time.

The following is in *Thatcher’s Dispensatory*, page 258. **LOBELIA INFLATA.** *Lobelia Emetica*.—The *Lobelia Inflata* is indigenous, [a native plant of America] and annual, rising to one or two feet, with branched stems. The leaves are oblong, alternate; slightly serrated and sessile. The blossoms are solitary, in a kind of spike, of a pale blue colour. It is found common in dry fields, among barley and rye stubble, and flowers in July and August; its capsuls are inflated, and filled with numerous small seeds.

The leaves chewed are at first insipid, says Dr. *Cutler*, but soon become pungent, occasioning a copious discharge of saliva. If they are held in the mouth for sometime, they produce giddiness, and pain in the head, with a trembling agitation of the whole body; at

length they bring extreme nausea, and vomiting. The taste resembles that of tartar emetic. A plant possessed of such active properties, notwithstanding the violent effects from chewing the leaves, may possibly become a valuable medicine.

It was employed by the aborigines as an emetic, and also by those empirics who affect to deal in Indian remedies only. As a new article it has lately excited much speculation in the New-England States, and its properties have very frequently been subjected to the test of practical experiment.

It is found to operate as a speedy and active emetic, and it often induces a most profuse perspiration immediately after being received into the stomach. It has proved serviceable in cases of cholic, where emetics were indicated. In a variety of instances it has been administered as a remedy in asthmatic affections, and on competent authority we are assured, that it has in general manifested considerable efficacy, and sometimes proved more beneficial in this distressing disease than any other medicine. From some of its effects, says an eminent physician, lobelia seems to be related to the narcotic plants ; to the mouth and first passages, it proves acrid, (having an hot biting taste) and highly stimulant ; its stimulous appears to be of the diffusive kind, as Dr. Cutler, on taking it, experienced an irritation of the skin over the whole body.

The specific qualities of this highly active plant, promising to be of utility as a remedy, should be particularly investigated by ingeni-

ous and intelligent men, that its rank in the Materia Medica may be clearly ascertained.

The following highly interesting observations have been recently received from the Rev. Dr. M. Cutler.

"When I was preparing my botanical paper," says the Doctor, "I had given it (the lobelia) only a cursory examination, and having some doubt about its specific character, I suspected it to be a new species. Accidentally ascertaining its emetic property, I inserted it with the specific name, *emetic weed*. By chewing a small part of it, commonly no more than one or two of the capsules, it proves a gentle emetic. If the quantity be a little increased, it operates as an emetic, and then as a cathartic, its effects being much the same as those of the common emetics and cathartics. It has been my misfortune, the author observes, to be an asthmatic for about ten years. I have made trial of a great variety of the usual remedies with very little benefit. In several paroxysms, I had found immediate relief more frequently than from any thing else, from the skunk-cabbage. The last summer I had the severest attack I ever experienced. It commenced early in August, and continued about eight weeks. Dr. Drury, of Marblehead, also an asthmatic, had made use of a tincture of the *Indian tobacco*, by the advice of a friend, in a severe paroxysm early in the spring. It gave him immediate relief, and he is entirely free from the complaint from that time."

"I had a tincture made of the fresh plant, and took care to have the spirit fully saturat-

ed, which I think is important. In a paroxysm which perhaps was as severe as I ever experienced, the difficulty of breathing, extreme, and after it had continued for a considerable time, I took a table spoonful. In three or four minutes my breathing was as free as it ever was, but felt no nausea at the stomach. In ten minutes I took another spoonful, which occasioned sickness. After ten minutes I took the third, which produced sensible effects upon the coats of the stomach, and a very little moderate puking, and a kind of prickly sensation through the whole system, even to the extremities of the fingers and toes. The urinary passage was perceptibly affected by producing a smarting sensation in passing urine, which was probably provoked by stimulus upon the bladder. But all these sensations very soon subsided, and a vigor seemed to be restored to the constitution, which I had not experienced for years. I have not since had a paroxysm, and only a few times some small symptoms of asthma. Besides the violent attacks, I had scarcely passed a night without more or less of it, and often so as not to be able to lie in bed. Since that time, I have enjoyed as good health as, perhaps, before the first attack.

"I have given you this minute detail of my own case, from an apprehension that this plant judicially employed, may approach nearer to a specific, in this most distressing complaint, than : discovered.

But I am aware much further experiment is necessary to ascertain its real value. Several

medical gentlemen have since made use of the tincture in asthmatic cases with much success, but the effects have not been uniformly the same. In all instances of which I have had information, it has produced immediate relief, but the effect has been different in different kinds of asthma. Some patients have been severely puked with only a tea spoonful, but in all cases some nausea seems to be necessary.

"The asthma with which I have been afflicted, I conceive to be that kind which Dr. Bree, in his *Practical inquiries on disordered respiration, &c.* calls the first species "a convulsive asthma from pulmonic irritation of effused serum." My constitution has been free, I believe, from any other disorder, than what has been occasioned by an affection of the lungs, anxiety of the praecordia, and straitness of the breast, and other symptoms produced by that affection. In similar asthmas, the tincture has been as successful as in my case. It is extremely desirable that careful experiments should be made by men of real medical knowledge.

"A particular case has been related to me of an effectual cure of the hydrophobia, in the last stage of the disease, by the use of this plant. I had the information from a man of undoubted veracity, that received it from the father of the young man who was cured; but facts relating to the case have not been sufficiently ascertained to assert it to be a remedy in this disease. In a short time I expect to obtain a more circumstantial and satisfactory account of this case.

"With the view of establishing a uniformity of strength in the preparation, the Essex District Medical Society have agreed, that the proportion for the tincture of *lobelia* shall be two ounces of the dried plant to one pint of diluted alcohol.

"The result of subsequent practical observations has amply confirmed the utility of *lobelia inflata* in various diseases. In numerous instances of asthma it has procured the most essential relief, though in general its effects were only temporary and palliative. As a pectoral it has been found useful in consumptive and other coughs, depending on mucus accumulated in the bronchial vessels by exciting nausea and expectoration. From its very speedy operation as an emetic, and its stimulating effects on the mouth and fauces, beneficial results might be expected from its use in croup and whooping cough; and on some trials our expectations have been realized in this respect. It may perhaps be anticipated to supersede seneka, as a remedy in the former, and antimonials in the latter affection. More extensive practical knowledge of the properties of this *plant*, and the various forms and circumstances of its administration is still, however, a most desirable object.

"The leaves should be collected in August, while the plant is in blossom, and carefully dried, and preserved for use. From ten to twenty grains of the powdered leaves will in general be found a suitable dose as an emetic for an adult, or it may be repeated in smaller quantities. As a pectoral it may be given in

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powder or pills alone, or combined with other remedies, repeated in small doses till an evident good result is observable. Of the saturated tincture, twenty, forty, or even sixty drops may be safely given children of one or two years old, increasing as occasion may require."

In the Pharmacopeia of the United States, published in 1820, by the authority of the Medical Societies and Colleges, is the following account of a tincture of *Indian Tobacco*,—page 235.

"TINCTURE OF INDIAN TOBACCO. Take of Indian Tobacco, two ounces; diluted alcohol one pint. Digest for ten days and filter."

From all said upon this plant, in these two authors, we notice the following :—

1. That the emetic herb is a native of America, and a new species of medicine, not known, excepting to the natives, till within a few years.

2. It is evident that the Indians used it as a safe and useful emetic, without any bad consequences whatever.

3. It seems by Dr. Thatcher's account of it, that within a few years, the physicians have made practical experiments with it, and found it useful in opening the pores, removing cholic and asthma.

4. Dr. Cutler of Wenham, found a cure of the asthma by it, and a restoration to health, which he had not before enjoyed for many years. Dr. Drury of Marblehead, found the same relief. Dr. C. considers it the best remedy for that complaint, of any thing ever before discovered.

5. Dr. Cutler mentions one cured of the bite of a mad dog by this plant, which, doubtless is true, as this herb rightly administered, is an infallible cure in that case.

6. It is here stated to be useful in the croup, whooping cough, &c. and the Doctor says it may be safely given to children, in tincture, from twenty to forty, or even sixty drops; and the powdered leaves may be given to a grown person, from *ten* to *twenty* grains, that is, about a common tea spoonful.

7. The Dr. says that the various forms and circumstances of administering this medicine, is a most desirable object to be known by the physicians, though it is what they do not yet know.

8. It appears, that before Dr. Cutler wrote to Dr. Thatcher, he considered it like minerals, a very good and very dangerous medicine, so bad that if it does not operate immediately, death is the consequence, sometimes in five or six hours, and that horses and cattle have been supposed to be killed by eating it accidentally. All this is false, and Dr. Cutler's account of it, and Dr. T's. own remarks, after he wrote these dangerous parts, proves that this part is not true.

9. It is evident that the members of the Medical Societies and colleges in the United States, are convinced of its excellency, as they have in their book, published in the year, 1821, given directions as to the manner of preparing the tincture of it for use in sickness.

10. The fact is, other men know much

more of this valuable plant than the Doctors, and this knowledge they wish for, and doubtless would be glad of it and the privilege of administering the same.

In addition to the above, I here subjoin my experimental knowledge of the excellency of this remarkable plant; and what the reader finds here recorded, he may safely depend on as truth, and with safety administer it accordingly.

The *Plant of Renown*, sometimes called “*Indian tobacco*;” sometimes *puke weed*; and by Dr Cutler, *lobelia inflata*, is a native of America. I have seen it growing plentifully in Vermont, New-hampshire, Maine, Massachusetts, Rhode Island, Connecticut, New-York, Maryland, and Virginia; and without doubt it is plenty in New Jersey, Pennsylvania, and Delaware. I have heard of it in Ohio and Kentucky, and it is likely to be plenty in all parts of the United States.

It is entirely a wild plant, and cannot be cultivated in gardens. If it is sown, it is not certain to ever be seen again. It sows itself like the mullen, in the autumn, comes up, and spreads out like mullen or winter grain, the first summer; the next year it grows up from nine inches to two feet high, in description as given by Dr. Thatcher. It may be found by the first of July, but it is not ripe till August and September; at which time the leaves are a little turped, then the pod is ripe, which on account of the seed, is the best time to gather it.

One thing is very remarkable; the leaves

are equally strong from their first appearance until ripe, and may be used at any time, to young or old. The seed is good when the leaves are dried by age, or killed by frost. The leaves are best to be gathered in a clear day, and when the heat of the sun is most powerful; though it may be gathered at any other time.

It is not a plant confined to any soil; though it is mostly found in old fields. I have found it in groves, in dry hot ground; in low lands, and is the largest near streams. It may almost always be found by the side of roads, particularly turnpikes, which have been made several years. I have observed it the most plenty in hot and wet seasons, and the largest in wet places.

It appears to me that the seed sometimes lies in the ground for years before it grows; as it is frequently found where none could grow, until an alteration was made in the state of the ground. I have frequently found it in corn fields, in fields of grain, mowing ground, pastures and door yards. It grows plentifully in Vermont, Newhampshire and Massachusetts; some in Rhode Island and Connecticut.

erever the soil is rich enough to produce  
for men and beasts, there this plant may  
erally be found.

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#### USE OF THE PLANT OF RENOWN.

Though one of the most useful herbs on  
th with others, it is not so alone, as it does

not possess all needful to restore health to the sick man. It is very quick in its operations, but if some other medicine is not added to assist, it soon exhausts itself, and is done.

I have found it with other medicines, an infallible cure in all cases, excepting such as are beyond all cure. I have given it to all ages, from two days old to men of eighty-two, with safety and success. I have given it to females in all cases peculiar to them, and have never known it to fail, in curable cases. There are two cases, where it will not operate ; one is, when the person is dying ; here it will not act, of course it will not cause death to any one. The other case is, when all disease is removed. It will not make a well man sick. When a man is so sick as to be past cure, this emetic will relieve him, and cause him to live longer, and easier than without, excepting mortification.

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#### THE FOWER OF THIS PLANT.

Several physicians have mentioned to me that they were afraid to use it, not knowing the power of it. This I am thoroughly acquainted with, beyond a doubt. The power of it is, with other medicines, to remove disease, and no more. Like food, which has power to remove hunger, drink to remove thirst, riches to remove poverty, life to remove death, &c. It operates on disease in every part of the body, as the eye stone does, in removing from the eye, whatever injures. When this is done, the stone ceases its operation.

There is no doubt but the power of it, as well as all other good things may be abused; but used in a proper medium, its power is always against disease, and in favor of the diseased. If enough is not given, it worries, if more than is needed is given, it is lost, but will not kill. No one ever died by its operation, as there is no death in it. It is possible some have died by taking it, because those who gave it raised the outward heat too high, by having the room too warm, by putting on too many clothes, or by steaming hot stones and putting them round the sick person. This ought always to be remembered, and then, all is safe.

I do not know that any one ever died in this way, but this is the only way in which a person may die that I know of in taking this emetic. This emetic is so powerful, as to search every part from head to foot, to remove (with other medicines) obstructions from the brain, eyes, nose, ears, mouth, jaws, throat, muscles, heart, lungs, liver, stomach, midriff, bowels, kidneys, gall bladder, bones, marrow, sinews, legs and feet; it will go through the veins, arteries, blood vessels, and every part that can be obstructed; so far it has power to go, and no further.

There is an oil in this herb, which can be diffused through the whole body, for the general good of the whole.

This herb stands at the head of all the herbs made for the service of man, and is the king of all diseases, and with its army, has power

to overcome all opposed to the health of man while in a curable state.

*Notice.* There are two parts of this plant which are used for an emetic. The leaves and the seed. The leaves are to be gathered at any time after they are grown, dried in the sun, pounded fine, and sifted through a fine sieve, and then they are fit for use. To obtain the seed, the leaves must be a little yellow, at which time the seed is ripe. The herb must be gathered, spread on a sheet, and dried in the sun. When dry, the seed may be easily rubbed out, and then taken from the sheet. This for use must be pounded in an iron mortar, until it is soft and sticks together. It is to be used generally with the leaves, or green emetic.

The various modes of preparing this plant in both parts for an emetic, will be found under the article *Emetic*; which see. This plant of renown, is useful in cramps, fits, lock-jaw, spasms, &c.

As it is my design to write upon a variety of diseases peculiar to man, and shew the use and power of the emetic herb, in removing diseases, and the manner of applying it illustrated from experience, I shall proceed no farther on this subject here.

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VALERIAN, NERVE POWDER, LADIES SLIPPER, WHIPO'  
WILL SHOE. [INDIAN NAME, ADAM AND EVE.]

This plant grows in various parts of New-England, and in various parts of the United States. It is found in woodland and swampy

ground. It grows and spreads the leaves on the ground. A single stalk runs up about one foot, and bears one singular looking flower; and the root is of great use to the sick, whether male or female. Dr. Thatcher gives the following account of it, page 360. **WILD VALERIAN.** The root.

" This plant is perennial, (continuing for several years) and grows wild in England. The root, which is the part used in medicine, consists of a number of fibres matted together, and attached to one head; of a brown colour; having a strong and unpleasant smell, and a warm bitter taste. Its active matter is extracted equally by water and by alcohol. Its infusion changes colour, on the addition of sulphate of iron. By distillation, water is impregnated with its flavor, but not with its taste. No essential oil is obtained.

Valerian is one of the principal modern antispasmodics, (having power to relieve cramp, convulsion, &c.) and is used with advantage in *chorœa*, epilepsy and hemicrania. Some recommend it as useful in procuring sleep, particularly in fever, even when opium fails; but it is principally useful in nervous and hysterical affections. The common dose is from a scruple to a drachm in powder, and in infusion, from one to two drachms three or four times in a day, which is increased gradually, as far as the stomach can bear it. Its unpleasant flavour is most effectually covered by a suitable addition of mace. Valerian is lately found in abundance on the borders of the Ohio river, not inferior to that imported from Europe."

The *Valerian*, or nerve Powder, which I have found very useful, grows in various parts of New-England, and may be easily found.—My manner of preparing and using it is as follows:—the root must be dried and pounded fine, and sifted through a fine sieve, and done up in a tight box, or bottle for use.

In many cases where the emetic is given, this ought to be used, particularly where people are what is called *nervous*. Half a tea spoonful with every dose of the emetic may be given when the tea is cool enough to drink. When an injection is given, this powder, from half to an whole tea spoonful, should always be given. It serves to quiet the nerves, prevent spasms, and procure easy sleep, without stupifying. When a person cannot sleep, put a tea spoonful of this powder into one tea cup full of strong penny royal tea, warm enough to drink, and take it when in bed at night, and it will cause an easy refreshing sleep.

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#### BARBERY.—THE BARK OF THE ROOT.

This is generally known, having the resemblance of briars. The fruit, when ripe is red, and very sour. The berries are good for digestion, as they help the digestive powers, being preserved, and eaten, or used in water to drink. The bark of the root is a good bitter when boiled in water; especially when a person is troubled with a relax. In costiveness it ought not to be used, being too much of an astringent.

*Culpepper* says, that the inner rind of the bark is good, made into a strong tea, to cure scabs, itch, tetterers, ring-worms, and yellow jaundice.

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#### BITTER ROOT.

This root produces a stalk somewhat resembling buck-wheat, with white flowers; the stalk rises about two feet. It is found in various parts of New-England. The root only is the part for medicine. The root is very bitter, and a good corrector of the digestive powers. It must be gathered, dried and pounded fine, and sifted through a fine sieve. It is an excellent medicine for costiveness, as it does not relax, but move the bowels as they ought to be moved. A tea spoonful of this powder given in warm water, or with the vegetable powder, is a remedy in costiveness. If one tea spoonful does not answer, take another, night and morning, until relief is obtained. I have known several people, who were for years obliged to take physic to have a discharge from the bowels; who, after taking this powder awhile, have become entirely regular.

*Bitter Root*, is an excellent remedy for cold in the head, to be used in powder as snuff. In costive cases, I have frequently added two tea spoonful to one junk bottle of the vegetable bitters, which has helped the digestion, wholly removed costiveness, which before had been obstinate and of long continuance.

## SLIPPERY ELM.—THE INNER BARK.

There are two kinds of Elm in America. The white, or rough elm, and the slippery elm. There are two kinds of slippery elm; one, the bark is tough; the other is tender, and easily made into a powder. The brittle kind is the best, and most suitable for medicine. The other is good, but by no means equal to this. To prepare this, the ross or outside should be shaved off; when it is dry, it should be pounded in a mortar, and then sifted for use. It may be chewed and swallowed, or made into a tea. It is found in various parts of Vermont.

Dr. Mitchell says, it has been beneficially administered in catarrhs, pluerisies and quinsies; it has been applied as a poultice to tumours, and as a liniment to chaps and festers.

Dr. Thatcher gives the following account of it, in his Dispensatory, page 358.

"The surgeons of our revolutionary army, and also those of general Wayne's army, who defeated the Indians in August, 1794, experienced the most happy effects from the application of poultices of elm bark to gun shot wounds, which were soon brought to a good suppuration, and to a disposition to heal. It was applied as the first remedy. When tendency to mortification was evident, this bark bruised and boiled in water, produced the most surprising good effects. After repeated comparative experiments with other emollient applications, as milk and bread, and a linseed poultice, its superiority was firmly established. In old ill conditioned ulcers, and in

fresh burns, equal benefit was derived from it. The infusion of the bark was used with advantage as a diet drink, in pleurisy and catarrh, and also in diarrhoea, and dysentery.

Many of the above facts relative to the medicinal qualities of the red elm, were communicated, says the editor of the Domestic Encyclopedia, by Dr. Joseph Strong of Philadelphia, who served as surgeon in the western army; and adds, as a proof of the nutriment which it affords, that a soldier who lost his way, supported himself for ten days upon this mucilage and sassafras. The editor of the above mentioned work, proceeds to observe, that the red elm tree may be considered as a highly valuable addition to our stock of medicines, exclusively American, and ought to be carefully searched for by the medical gentlemen in the country, and preserved from the indiscriminate axe.

The inner bark of the slippery elm, or its mucilage, has been found by recent experience to be singularly beneficial when applied to chillblains, cutaneous eruptious, and various kinds of sores and ulcers; and there is much reason to believe, that its internal use in dysentery, consumption, &c. may be attended with greater advantage than is generally imagined. This tree certainly may be recommended to the particular regard of medical practitioners as a new and domestic article of our *Materia Medica*, whose medicinal virtues will probably be found to merit a large share of confidence."

In my practice of medicine for several

years past, I have found the inner bark of the elm of great use to the sick. It ought to be pounded fine, and taken so. My manner of using it internally is the following:—Take an heaping tea spoonful of it in a tea cup, mix it with as much sugar, and work it awhile with a spoon, then pour in cold water, and stir or beat it, till the lumps are gone, and it begins to thicken; then add boiling water, and stir it till it is thick enough to eat with a spoon. If more agreeable to drink it, make it thin with hot water, and drink from half to an whole tumbler full. This preparation is good to heal soreness in the throat, stomach and bowels, caused by canker; to restore an appetite when lost by canker, which has injured the coats of the stomach. It is an excellent thing for women to take for a month or six weeks before the birth of children, as it makes the birth of the child much more easy and safe than without it.

The elm is an excellent thing for a poultice, as it is very soft and healing. It is good to mix it with pounded cracker, to make a poultice, as it keeps the poultice soft. A poultice of it applied to the eyes, in an inflammation is good, as their is no danger of injuring them by it. There is no doubt of its excellence in all the cases mentioned by the authors quoted in the above account of slippery elm.

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#### RED CLOVER.—THE HEADS.

The heads of red clover, boiled down to the thickness of tar, is a powerful medicine

for old obstinate ulcers, sores, cracks in the lips, &c. The manner of preparing it, is the following:—Fill a brass kettle with the heads when they are in bloom; boil them well, and squeeze them; then fill the kettle again with heads and boil them in the same water; then squeeze them, afterwards boil it down to the thickness of tar, (be careful not to burn it,) when it is fit for use. Spread it on soft leather, or bladder split thin, and apply it to the part affected.

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#### SKUNK CABBAGE.—THE ROOT.

This plant grows in swamps and meadows, all over New-England, and is a native plant of North America only. Its name is derived from its smell and appearance. The smell of a skunk, and the leaves resembling cabbage. It grows up without any stalk, and is by this distinguished from *white hellebore*, or *poke root*, which is poisonous. The root only is valuable. It should be split and dried, which takes out the rank smell. There is no disagreeable smell in the dried root; which for use must be pounded or grated fine.

This root is excellent for a cough, by being grated on honey and swallowed. I knew a woman much afflicted with a cough, she grated about half a tea-spoonful of this root on half a table spoonful of honey for a few days, taking this quantity every morning before breakfast, and in a short time was entirely cured.

The principal use I make of it besides this, is in the cough powder. [See cough powder.]

The following account of skunk cabbage is recommended to our readers from Thatcher's Dispensatory, page 151. "This valuable domestic article is found to be well deserving of a place in our *Materia Medica*, and may be ranked high in the class of *antispasmodics*.—The roots dried and powdered have proved of excellent use in asthmatic cases, and often afforded relief in this distressing disease, when other means are ineffectual. It should be exhibited during the paroxysm, and repeated as circumstances may require, in doses of thirty or forty grains. It will be proper to persevere in the use of it for some time after the paroxysm has gone off, or till the patient is perfectly recovered, which is said to have been the method pursued by the Indians for the cure of this disease.

"The Rev. Dr. Cutler has announced his opinion of its efficacy as experienced in his own particular case, after other remedies had disappointed his expectations. The antispasmodic power of the skunk cabbage root have been displayed when prescribed in other diseases. In one of the most violent hysterical cases I ever met with, says a correspondent, where the usual antispasmodics and even musk had failed, two tea spoonsful of the powdered root in spirits and water procured immediate relief, and on repeating the trials with the same patient, it afforded more lasting benefit than any other medicine.

"In those spasms frequently affecting the abdominal muscles in parturition, he adds, it

produces the desired effect in doses of one tea spoonful repeated occasionally. In numerous other instances of spasmodic affection, and also in chronic and acute rheumatism, this root, either in powder or decoction, has evinced its efficacy, and performed important cures, as attested by good authority, in conformation of my own experience. Two instances have been stated in which this medicine has been supposed to be remarkably efficacious in the case of dropsy; two tea spoonfuls of the powdered root being taken every morning successively till the cure was effected. The seeds of this plant are said by some to afford more relief in asthmatic cases than the root."

*Note.*—Notwithstanding all the good properties said to be contained in this root, there is danger of an extreme in the use of it. Not long ago, a Doctor directed a young man to make a syrup of it, and drink freely of the same. He drank it until his throat swelled, his cough increased, and it was thought he was incurable. I visited him, gave him several emetics, and he revived. A little of it in molasses, or in the cough powder is good, but much of it, is injurious.

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#### PEPPERMINT.—THE HERB.

This is a warming herb, and good in cases of cold. "The leaves have a strong, rather disagreeable smell, and an intensely pungent aromatic taste, resembling that of pepper, and accompanied with a peculiar sensation of coldness. They afford an essential oil, rich in the

aromatic quality of the herb. It also contains a small portion of camphor."

"Peppermint is used as a stimulant and carminative, to obviate nausea or griping, or to relieve the symptoms resulting from flatulence. It is also an excellent stomachic, of great use in flatulent cholics, languors, and hysterick cases, and in vomiting. It is used under the forms of the watery infusion, the distilled water, and the essential oil. This last being dissolved in a due proportion of rectified spirit of wine, and coloured with green grass, forms the essence of peppermint of the shops; a fashionable and pleasant carminative, which, when taken on sugar, imparts a glowing taste, sinking into the tongue, and extending its effects through the whole system, instantly communicating a glowing warmth."

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#### FENNYROYAL.—THE HERB AND FLOWERS.

This is an excellent herb, and its virtue ought to be understood by all. It is generally known in Europe and America, as containing valuable properties. *Dioscorides*, an ancient author, gives the following account of it. Pennyroyal is good to make thin and loosen tough phlegm, to take away coldness from any part of the body, and to digest raw or corrupt matter in the stomach. Made into a strong tea, it removes female obstructions and afterbirths, is good to remove sickness from the stomach, and to prevent vomiting. Taken with honey, it is good to clear the lungs and

bowels of cold. Applied to the nostrils with vinegar, it revives such as are subject to fainting. Being dried and burnt it is good to cleanse the gums. The green herb bruised and put in vinegar, is good to cleanse foul sores, and to take away marks and bruises about the eyes, and redness of the face by being too long near the fire.

Pliny says it is good to help fainting, to ease pain in the head, breast and bowels, and to prevent gnawing in the stomach. He also says, it is good in cramps, convulsions, &c.—Boiled in milk it is good for a cough, and for ulcers and sores in the mouth. *Mathiolus* says, that a decoction of it helps the jaundice, dropsy, pains in the head, sinews, &c.

My manner of using it with other medicine is, to give it with other things after giving the emetic. It is the best herb I can find to make the emetic operate, after the full quantity is given for one day. It prevents spasms and hysterick affections, by being given to women who are subject to these complaints, while going through a course of medicine.—Often in attending young children, this sweetened, and the emetic, is all necessary to give them, to clear the whole system of cold, and other difficulties attending them.

Pennyroyal is an herb found in almost all parts of the world where men live, which shews that it ought freely to be used in all cases of cold and sickness, instead of the poison plants and minerals now in use, among the fashionable part of the world.

## PEACH LEAVES—STONES.

The leaves and meat of the stones are of great use to the sick, though but little attended to in this country. A strong tea made of the leaves are excellent for the cholic, and such like complaints peculiar to children and young people. The leaves dried and powdered, are good to stop blood and heal wounds. They are useful for a cough, or shortness of breath, and to remove hoarseness, and for defects in the lungs, and such as raise blood.

The meat of the peach stone is an excellent medicine to assist, or restore the digestion, and remove pain in the stomach and bowels.

*Peachmeats* pounded fine, and boiled in vinegar, until they are considerably thick, are good applied to the head, to cause the hair to grow on bald places, and parts where it is too thin, according to *Culpepper's* account of it.

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## POPLAR BARK.—OF THE ROOT OR TREE.

There are three kinds of poplar in this country; the lombardy, which have been considered ornamental trees—the black poplar which is tall, the limbs long and tough—the white poplar, this is the best for medicine.—The *black* is good, but not so strong as the *white*; this, the bark is smooth, and in the upper part white; the branches are short and brittle.

The inner bark of the trunk or root is a most excellent bitter, either by itself, in a

strong tea, or compounded with other bitter herbs, barks or roots. There is perhaps no one thing better to help the digestion than this bark. It is good in all consumptive cases, and in what is called the jaundice, made into a strong tea, and drank freely several times in a day. Not long ago, a man from the Cape came to see me, and said he believed he must soon go with the consumption, without immediate relief. He bought five pounds of this bark pulverized, and drank it freely for many weeks. He recovered his health, and is now as well as any man, and able to attend to his business. In the year 1821, I attended a man in Providence, R. I. supposed to be in a quick consumption. After attending him through three regular courses of medicine in ten days, I directed him to drink this tea; which he did. In three weeks he was able to work, and has enjoyed good health from that time.

In a preparation for Pills, this is one article which must always be used.

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#### CHOCOLATE ROOT.—THE ROOT.

This is by some called *evan root*; and chocolate root because it resembles chocolate in taste. This is an healthy root, and many wise people in the country drink it instead of tea or coffee. In all cases of canker, this is good for young or old. It is a good substitute for hemlock bark when taking the emetic, as directed in this book. It should be gathered, washed, dried and pounded fine for use.

SUMAC.—COMMONLY CALLED SHUMAKE.—THE LEAVES, BERRIES, AND BARK OF THE TRUNK OR ROOTS.

This plant as medicinal, is either unknown to the American Doctors, or else disowned.—Dr. Thatcher does not mention it, nor Culpepper. The leaves, berries and bark, are all good to remove canker, made into a strong tea, and drank freely. It is useful in gravel, and strangury, as it serves to remove obstructions, and to cause the water to go off freely. In cases, where the stomach needs souring, the berries are best; where stoppage of water is the complaint, the leaves and bark are the most suitable.

The bark should be peeled, when the sap is free; the leaves gathered, when they are full grown, and the berries, when they are ripe or turned red; and each of them should be dried in the sun, and kept dry for use.

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RED RASPBERRY LEAVES.

This plant receives its name from the colour of the fruit which is red. Another kind bears blackberries. This plant is not mentioned in Thatcher's Dispensatory. This belongs to the class of plants good for canker. The leaves made into a strong tea, are good to remove canker from the mouth, throat, stomach, bowels, and other parts of the body. In the dysentery, it is very useful. In the first stages of that disease, I have known people wholly cured with a strong tea made of the leaves.

When a canker poultice is needed, this tea is good to make it with; and in a burn, a strong tea thickened with pounded crackers, is useful; and for all sores where canker appears, this is good to wash them with. Children who have sore mouths, or are otherwise troubled with canker humours, ought to drink this tea freely and for a considerable time. It is a useful tea for children, to take with the emetic when it is given them.

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#### WILD CHERRY STONES.—THE MEAT.

Wild cherry stones, dried and pounded fine, with other articles, make an excellent cordial, to be taken after disentery, or whenever the digestive powers need restoring. The cherries dried and pounded with the stones and steeped in hot water with loaf sugar and brandy, are good for such as lack an appetite, when the digestive powers are weakened.—This preparation is said to be useful in gravel, and where people are troubled with wind in their stomach and bowels.

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#### BLACK BIRCH.—INNER BARK.

The bark of this tree, is said to be a good medicine for the gravel and sore mouth, when made into a strong tea. It grows plentifully in Vermont. A strong tea of it, is good to make a cherry or peachmeat cordial.

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#### BURDOCK.—LEAVES, SEED AND ROOT.

This herb is generally known. The fel-

lowing description of burdock is given by Culpepper in the following words, and is worthy of attention :—

“ The burdock leaves are cooling, moderately drying, and discussing withal, whereby it is good for old ulcers and sores. A dram of the roots taken with pine kernels, helpeth them that spit foul, mattery and bloody phlegm. The leaves applied to the places troubled with the shrinking of the sinews, or arteries, give much ease. The juice of the leaves, or rather the roots themselves, given to drink with old wine, doth wonderfully help the biting of any serpents: And the root beaten with a little salt, and laid on the place, suddenly eases the pain thereof, and helpeth those that are bit by a mad dog. The juice of the leaves being drank with honey, provoketh urine, and remedieth the pain of the bladder. The seed being drank in wine forty days together, doth wonderfully help the sciatica. The leaves bruised with the white of an egg and applied to any place burnt with fire taketh out the fire, gives sudden ease, and heals it up afterwards. The decoction of them fomented on any fretting sore or canker, stayeth the corroding quality, which must be afterwards anointed with an ointment made of the same liquor, hog’s grease, and vinegar boiled together. The roots may be preserved with sugar, and taken fasting, or at other times, for the same purposes, and for consumptions, the stone, and the task. The seed is much commended to break the stone, and cause it to be expelled by urine, and is often

used with other seeds any things to that purpose."

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#### MULLEN LEAVES.

This is a plant so common, that there is no need of a description of it. I here give the reader an account of it as a medicine, published by an English author, in the year 1681. It is given in the style of writing in that day.

"A small quantity of the root given in wine, is commended by *Dioscorides* against lasks and fluxes of the belly. The decoction hereof drank is profitable for them that are bursten, and for cramps and convulsions, and for those that are troubled with an old cough. The decoction thereof gargled, easeth the pain of the tooth-ache. An oil made by the often infusion of the flowers, is of very good effect for the piles. The decoction of the root in red wine, or in water, (if there be an ague) wherein red hot steel hath been often quenched, doth stay the bloody flux. The same also openeth obstructions of the bladder and reins when one cannot make water. A decoction of the leaves hereof, and sage, marjerom and chamomel-flowers, and the places bathed therewith that have sinews shrunk with cold or cramps, doth bring them much ease and comfort.

"Three ounces of the distilled water of the flowers drunk morning and evening for some days together, is said to be the most excellent remedy for the gout. The juice of the leaves and flowers being laid upon rough warts, as also the powder of the dried roots

rubb'd on, doth easily take them away, but doth no good to smooth warts.

"The powder of the dried flowers is an especial remedy for those that are troubled with belly achs, or the pains of the cholick. The decoction of the root, and so likewise of the leaves, is of great effect to dissolve the tumours, swellings, or inflamation of the throat. The seed and leaves boiled in wine, and applied, draw forth speedily thorns or splinters gotten into the flesh, ease the pain and heal them also. The leaves bruised and wrapped in double papers, and covered with hot ashes and embers to bake awhile, and then taken forth and then laid warm on any botch or boyl happening in the groin or share, doth dissolve and heal them. The seed bruised and boiled in wine, and laid on any member that hath been out of joint, and is newly set again, taketh away all swelling and pain thereof."

Every one who reads and understands the above description of mullen, must be convinced that it is of importance to have it where they can apply the same when needed.

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#### BITTER SWEET.

This plant was anciently called *Amaradulcis*, *morral*, *woody-nightshade*, *felonwort*. It grows wild in moist hedges; has woody, brittle stalks, and climbs on bushes. But if there be no shrubs, it creeps along the ground, and frequently strikes new roots. It flowers in the months of June and July. The taste of the twigs and roots, as the name of the plant expresses it, is both bitter and sweet; the

bitter being first perceived, and then the sweetness. Dr. Thatcher says it was formerly in much esteem as a powerful medicine; though at present, the doctors appear to be unacquainted with its excellence.

The following extracts from Culpepper's writings, printed in the year 1681, will shew the esteem people had for it at that time, in England and Germany.

Being tied about the neck, is a most excellent remedy for vertigo or dizziness in the head. "The country people commonly used to take the berries of it, and having bruised them, they apply them to felons, and thereby soon rid their fingers of such troublesome guests."

"We have now shewed you the external use of the herb, we shall speak a word or two of the internal, and so conclude. Take a pound of the wood and leaves together, bruise or pound the wood and leaves together, then put them in a pot, and put to it three pints of white wine, put on the pot lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent drink to open obstructions of the liver and spleene, to help difficulty of breath, bruises and falls, and congealed blood in any part of the body; to help the yellow jaundice, the dropsy, and black jaundice, and to relieve women newly brought to bed. You may drink a quarter of a pint (a gill) of the infusion every morning. It purgeth the body very gently, and not churlishly as some hold." The bark of the root is of great use as a part of a

preparation for removing callouses, corns, &c.  
[see vegetable ointment.]

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#### WORMWOOD.—LEAVES AND FLOWERS.

This is a common herb, known generally. It grows by the way side, on mountains, and in gardens, and is plenty in America. It is a hot dry herb, as hot as the blood. It is good to give in strangury, surfeits, swellings; to restore the appetite, and for the jaundice; and to remove swellings from the bowels.

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#### HOPS.

The following account of the medicinal properties of hops, is from Culpepper. Hops in physical operations are used to open obstructions of the liver, to cleanse the blood, to loosen the bowels, to remove the gravel and strangury. The decoction of the tops of hops, is useful to cleanse the blood, to remove scabs and breakings out of the body, as also tetter, ring-worms and spreading sores. The decoction of the flowers and tops, are useful in expelling poison. A syrup made of the juice, and sugar, is good for the yellow jaundice; it easeth the headach, caused by heat, tempers the heat of the liver and stomach.

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#### JUNIPER BUSH.

This is a bush generally known. We give the following account of it from Culpepper:—

This admirable *Solar* shrub, is scarcely to be paralleled for its virtues. The berries are hot in the third degree, and dry but in the first, being a most admirable counter poison, and as great a resister of the pestilence as any that grows, and is good against the bitings of venomous beasts, and good in the strangury. It is so powerful a remedy against the dropsy, that a lye made of the ashes and drank, is of great use. It helps the terms in women, and fits of the mother. It strengthens the stomach, expels wind ; there is scarcely a better remedy for wind in any part of the body, than the oil of juniper taken from the berries.— Such people as do not know how to get the oil, may eat ten or a dozen of the ripe berries every morning fasting. They are good for a cough, shortness of breath, consumption, pain in the bowels, ruptures, cramps and convulsions. They give safe and speedy deliverance to women with child, strengthen the brain, help the memory, and help the sight by strengthening the optic nerves. They are good in all sorts of agues ; they help the gout, and strengthen all the limbs of the body. The berries are good for the piles, stone, to procure an appetite, for palsies, and falling sickness.

The berries are not ripe the first year ; but continue green two summers and one winter before they are ripe, at which time, they are of a blackish colour, and therefore you will always find upon the bush green berries.— When the leaves fall off, the berries are ripe.

## GUM MYRRH.

"This is a gummy resinous concrete juice, obtained from a shrub growing in the East Indies. The best myrrh is somewhat transparent, of an uniform brownish, or reddish yellow colour; of a slightly pungent, bitter taste; with a strong aromatic, not disagreeable odour, though nauseous to the palate." The following account of its medical properties, are taken from the Encyclopedia.—(Art. Myrrh.)

"The medical effects of this aromatic bitter, are to warm and strengthen the viscera; it frequently occasions a mild diaphorisis, and promotes the fluid secretions in general.—Hence it proves serviceable in languid cases, diseases arising from simple inactivity; those female disorders which proceed from a cold, mums, sluggish indisposition of the humours, suppressions of the uterine discharges, cachetic disorders, and where the lungs and throat are oppressed by viscid phlegm.

"Myrrh is likewise supposed in a peculiar manner to resist putrefaction in all parts of the body; and in this light stands recommended in malignant, putrid and pestilential fevers, and in the small pox, in which last, it is said to accelerate the eruption."

The tincture of myrrh has long been in use, and is of great help to the sick.

The following account of the tincture of myrrh, is from Thatcher's Dispensatory, page 510, which shews that myrrh is a good article as a medicine.

"Tincture of Myrrh is recommended internally for warming the habit, attenuating viscid juices, strengthening the solids, opening obstructions, particularly those of the uterine vessels, and resisting putrefactions. The dose is from fifteen to forty drops, or more. It may perhaps be given in these cases with advantage, though it is more commonly used externally as a stimulant and antiseptic application for clearing foul ulcers, and promoting the exfoliation of carious bones."

The common tincture of myrrh, is made in the following manner.—

1. Myrrh. powdered fine, three ounces.
2. Alcohol, twenty ounces.
3. Water, ten ounces.

Let them stand together seven days, and then strain it through brown paper.

The doctors in general appear but little acquainted with the very useful properties of myrrh. It is warming, penetrating, cleansing, and preserving in its nature; and by its effects in outward applications, it is easy to determine its operation when taken internally. Pounded and put into brandy, it has often cured the dysentery, and I have frequently used it to prevent mortification in the bowels, and to remove other complaints. Take a piece of fresh meat, and let it lie for a while in the "*tincture of myrrh,*" and it will not putrify. In my "*vegetable elixir,*" this is one essential part of the compound; a medicine, which will overcome more difficulties perhaps, in the human body, than any other preparation now in use. [see *vegetable elixir.*]

## SPEARMINT.

This is an herb generally known, and needs no description. Culpepper says, it is good to prevent vomiting, to ease pains in the ears, stomach, head, &c. It has an healing drying quality. Should the lobelia emetica, (the herb mentioned in this book as one part of the ‘compound vegetable emetic,) cause too much puking, which is seldom the case; a strong tea of spearmint will prevent its operation, as it is the counter of this herb.

People have often been taken with vomiting, which has continued long, and stopped it only by drinking spearmint tea.

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## CHAMOMILE.

Almost every person knows this herb, though but few know the virtue that it contains. The following is the amount of Culpepper’s description of it; which I think may be relied on.

A decoction or tea, made of it and drank, will take away pain in the side. The flowers beaten and made into balls with oil, and taken, removes soreness.

The Egyptians make great use of it, as a medicine, being a plant of the sun. It is good for agues and inflammations of the bowels.— Bathing with the decoction, takes away weariness, and easeth pain in any part of the body.

It is good for the sinews when overstrained, and is useful in swellings and callouses. It is good in cholic and strangury, and dissolves the stone in the bladder.

A syrup made of the juice of the herb and flowers, with white wine, is a remedy against

the jaundice and dropsy. The oil of chamomile flowers or the herb, is of great use for hard swellings, pains, shrinking of the sinews, cramps and pains in the joints. As a clyster, it removes pain in the bowels.

This, with bitter sweet and oil, makes a most excellent ointment for swellings, callouses, corns, &c. [see vegetable ointment.]

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#### GARDEN RUE.

Culpepper gives the following account of it. He says it is good to help the menses, or bring them regular, and to remove a stoppage of urine. It removes pains in the chest and sides; to help a cough, pain in the head, difficulty in breathing, inflammation of lungs, agues, cholic, by being made into a tea. Pounded and put into the nose, stops bleeding.

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#### TANSY.

Dr. Thatcher gives the following account of tansy, page 356. Tansy is an indigenous native perennial, (continuing for many years) growing by road sides and the borders of fields, and is also cultivated in gardens. Its yellow blossoms appear in August. This plant possesses a warm bitter taste; it is deobstruent, not ungrateful to the palate, and some have had a favourable opinion of it in hysterical disorders. The leaves and seeds have been of considerable esteem as anthelmintics, and are given in doses of from one scruple to one

drachm. If fresh meat be rubbed with the plant, it will be effectually preserved from the attacks of the flesh fly.

Culpepper has given an extensive description of the excellencies of tansy, in the following words :

"The decoction of the common tansy, or the juice drank in wine, is a singular remedy for all the griefs that come by stopping of the urine, helpeth the strangury, (or stoppage of water) and those that have weak reins and kidneys. It is also very profitable to expel wind from the stomach and bowels, and to relieve in female complaints, or obstructions peculiar to them. It is also useful to prevent abortions. The seed of tansy is good to give children that are troubled with worms, and the juice of the leaves in drink have the same effect." Tansy boiled in oil is good to anoint with, when the sinews are shrunk by cramp or pained by cold.

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#### HOREHOUND.

This herb has for many years past been considered an excellent thing for the sick, though at this time its goodness is but little known among people in general. Dr. Thatcher gives the following account of it, page 266. "This is a perennial plant which grows wild on road sides, and among rubbish. The leaves have a very strong, not disagreeable smell, and roughish, very bitter taste. It is reputed to be both attenuant and resolvent; an infusion of the leaves in water, sweetened

with honey, is recommended in asthmatic and physical complaints as well as in most other diseases of the breast and lungs. They promote the fluid secretions in general, and liberally taken, loosen the bowels.

Dr. Withering observes, that it was a favorite medicine with the ancients in obstructions of the viscera. He says, that it is the principal ingredient in the negro Cesar's remedy for vegetable poisons. That a young man who had occasion to take mercurial medicines, was thrown into a salivation which continued for more than a year. Every method that was tried to remove it, rather increased the complaint. At length, Linneus prescribed an infusion of this plant, and the patient got well in a short time."

The following account of horehound, is from Culpepper's writings. "A decoction of the dried herbs with the seed or the juice of the green herb taken in honey, is a remedy for those who are short winded, or have a cough, or are consumptive either through long sickness or thin distillations of rheum upon the lungs. It helps to expectorate tough phlegm from the chest, being taken from the roots of iris or orris. It is given to such as have taken poison, or are stung, or bitten by serpents. The leaves used with honey, purge foul ulcers, stay running sores, and the growing of flesh over the nails.

The juice with wine and honey help to clear the eye sight. Galen says that horehound will remove obstructions from the liver and melt, purgeth the breast and lungs of

phlegm ; and used outwardly, it both cleanses and helps the digestion. Matthiolus says, that a decoction of horehound is useful for diseased livers, and for iching and running tetter. The green leaves bruised and boiled in old hog's lard into an ointment, abates the swellings of women's breasts. A syrup made of horehound, is very good to remove old coughs and tough phlegm, and for old people who are asthmatic or short winded."

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#### PLANTAIN.

Much has been said of this herb, though it is not generally known as a medicine. What is called great plantain, grows common in fields and by the road sides, and is generally known. Many people apply the bruised leaves of this herb to slight wounds, inflamed sores, and swellings, with a favourable effect. It was recorded in a Virginia paper, that a gentleman was bitten above the knee by a spider. A few minutes after he perceived a pain shooting upwards from the spot which soon reached his heart. A quantity of plantain was immediately gathered and bruized, and the juice squeezed out and swallowed, which stopped the progress of the poison, so that a cure of the bite was obtained immediately.

The story of the battle between the spider and toad is generally known. I had the following from a man who saw the battle. He stated that in his field he observed a toad in quick motion from one place to another, which led him to see the cause. He noticed a large

spider which stung the toad. As soon as he was stung, he applied to his medicine, the plantain leaf, which he would bite and return to the spider. After doing this several times, the man pulled up the plantain and held it in his hand. The toad soon returned, but his remedy was gone; in a few minutes he swelled and died. From this and other accounts, we may rest assured, that this herb is good in such cases. If it is good for a toad, it is good for a man in the same situation.

Culpepper has given a high recommendation of plantain, which he considers one of the best of all herbs which grows. We will here give a few extracts from him, and leave the reader to judge and act for himself.

The juice of plantain clarified and drank for several days, is excellent to remove pain in the bowels. It is good to stop bleeding at the mouth, or spitting blood, to cure discharges of bloody water from the reins or bladder, and to stop the bleeding of wounds. It is also considered good for such as are troubled with phthisic or consumption of the lungs, ulcers and consumptive coughs. Dioscorides says, that a decoction or powder of the roots or seed, is better for the above complaints, than the leaves.

The clarified juice of plantain, dropped into the eyes will take out inflammation from them; and dropped into the ears, removes pain and helps to restore the hearing. The juice or decoction is useful in curing old ulcers, canker, and sores in the mouth, and the piles. When a bone has been out, this herb

is good to prevent pain, swelling and inflammation. The powders of the dried leaves taken in drink, destroys worms, and boiled in white wine, destroys worm; which breed in old and foul ulcers.

One part of plantain water, and two parts of brine of powdered beef boiled together and clarified, (says Culpepper) is a most sure remedy for the cure of all spreading scabs, or itch in the head or body, and all manner of tetter, ringworms, shingles, and all other kinds of running sores. Finally, the plantain is good to heal fresh or old wounds or sores, either outward or inward.

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#### WITCH-HAZEL.—BARK AND LEAVES.

Dr. Cutler says, this tree is a native of the United States. The Indians considered it a valuable article in their materials for medicine. They applied the bark to painful tumours and external inflammations. A poultice made of the inner rind of the bark, he says, is found to be very efficacious in removing painful inflammations from the eyes.

A strong tea made of the leaves is excellent for the canker in the mouth, throat, stomach and bowels; this tea thickened with pounded crackers, is excellent for a poultice, to apply to sores inflamed, and filled with canker, or what is commonly called proud flesh. There is a sourness in the leaves, which makes it useful as an article in the preparation of powders for the stomach.—[see vegetable powders.]

## THOROUGH WORT.

The leaves and flowers are the parts used as a medicine. In describing this valuable plant, I shall first give Dr. Thatcher's account of it in his Dispensatory, page 217. "This is a native annual plant, flourishing abundantly in wet meadows, and other moist places. The stalk is hairy and rises from two to four feet, perforating the leaves at each joint, from which it is sometimes called thorough stalk or stem. The flowers are white, and appear in July and August, forming a corymbus, at the termination of the branches. The leaves at each joint are horizontal, serrated and rough, from three to four inches long, and about one inch broad at their base, gradually lessening to a very acute point of a dark green, and covered with short hairs."

*Thorough Wort* certainly possesses active properties, and deserves the attention of American Physicians. It acts powerfully as a sudorific and emetic, and sometimes as a purgative, and has been successfully employed in intermittents and other fevers, either in decoction or the leaves in powder. Every part of the plant may be advantageously employed, though the flowers appear most active.

A watery infusion of the leaves is a powerful and not disagreeable bitter, and the flowers are deemed superior in this respect to those of camomile, and ought to be kept in the shops. The dried leaves in powder, or made into pills, with lenitive electuary, given in doses of twelve or fifteen grains, are of excellent effect as a mild laxative, obviating costiveness

without enduring debility or heat; correcting bile, and promoting perspiration."

Another medical author gives the following account of this herb.

"*Thoroughwort, Thorough-stem, Thorough-wax, Cross-wort, Bone-set, Indian sage, Ague-weed, Vegetable antimony.*"

"This article is very nauseously bitter to the taste. By different preparation and management, it may be made to produce a variety of effects. A strong tea prepared by long steeping, or by boiling, and taken freely while warm, may, according to the quantity, be made either to produce perspiration, and assist in raising phlegm from the lungs, or to purge or vomit. Taken cold, and in more moderate quantity, it gives strength. In one or other of these methods it may be useful in common colds, influenza, malignant pleurisy, low fever, agues, indigestion, and weakness in general, being managed as above directed, according to the effects desired."

We have reason to believe this a good and useful herb. Every person may feel safe in using it as mentioned in the above quotations.

I have made use of thoroughwort as a medicine for several years, and found it a powerful remedy in many obstinate cases; particularly in the preparation for bitters and pills, of which this is an important part.

It is said to operate as an emetic and cathartic. Many think this cannot be. The fact is this, make a strong tea without boiling it, drink it warm, and it will operate as an emetic; owing to an oil which has this effect. By boiling

the tea for some time, this oil is thrown off, and then that part which is physical operates, and by drinking it cool, causes a discharge from the bowels. In several preparations in this work, this herb will be mentioned, and the manner of preparing it for use.

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#### BUGLE.—THE LEAVES AND FLOWERS.

This herb is called Bugle, Middle Confrey, Brown Bugle, and Sickle-wort.

The following account of it is given by Culpepper. This has green leaves, some are green and some brown, dented upon the edge, and hairy, with a square stalk, and small burs on it. The stalk is from twelve to eighteen inches high.

A decoction of the leaves and flowers made in white wine, and taken, dissolveth congealed blood, caused in those who are bruised inwardly by falls, and is useful for any inward wound, or stabs in the body or bowels, and for such as are troubled with what is called the liver complaint.

It is good for all kinds of sores and ulcers, though of long standing. The leaves bruised and applied to gangrenes, fistulas, made into a wash is of great use; also to cure sores in the mouth and gums. It is so good for all sorts of hurts in the body, that no one who knows itsf usefulness, will be content without it.

Those who are troubled with strange dreams and with what is called the *night-mare*, may find great relief by using a syrup made of this herb. Culpepper says, "These I have cured

by taking only two spoonsful of the syrup of this herb, two hours after supper, when going to bed."

This herb is good to add with other things in making the vegetable bitters; (which see.)

A good cordial may be made by taking bugle, wormwood, and horehound, equal parts; make a strong tea, by boiling them together. When boiled, strain off the tea; for one junk bottle of it, add two ounces peachmeats pounded fine, four ounces loaf sugar, half an ounce of gum myrrh; one gill of brandy, if the person is relaxed, and if costive, one gill of Hollands gin. Take half a wine glass of it two or three times a day, before breakfast, dinner and supper. It is safe in all conditions.

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#### SAFFRON.

Saffron is a bulbous rooted perennial plant, generally cultivated in European gardens.—The smell of saffron is pleasant and aromatic, but a narcotic; the taste a fine aromatic, but narcotic, the taste a fine aromatic bitter. Saffron is remarkably fragrant, and is highly esteemed, as it exhilarates the spirits when taken in small doses; but, if used in too large portions, it produces immoderate mirth, and all the consequences resulting from the abuse of spirituous liquors. Saffron and Snakeroot, made into a tea is good to give children and grown people, when they are attacked with the measles, but the tea ought not to be very strong.

## LOVAGE.

This is a plant generally known, and needs no description.

Culpepper says,—“ Half a drachm at a time of the dried root, powdered, and taken in wine, warms the stomach, helps digestion, and removes pain from the same ; eases inward pains, gripings and wind. A tea made of the leaves is good to remove colds and agues. The seed for this purpose is more powerful than the leaves.

The distilled water of the herb, helps the quinsy. Being dropped into the eyes it takes away redness and dimness from them ; and will remove spots and freckles from the face.

The leaves bruised and fried with a little hog’s lard, and laid warm on any bile will break it in a short time.”

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## MALLOWS AND MARSHMALLows.

The following account of mallows is extracted from Culpepper’s account of them.

A decoction made of the seeds of mallows boiled in wine or milk, is good in cases of *Phthisic*, *Pleurisy*, and other diseases of the lungs and chest. The leaves and roots have the same effect.

The leaves bruised with a little honey are good to lay on the eyes, and removes diseases from them. A syrup made of them is good to remove costiveness.

The leaves bruised and rubbed on places stung with bees, or wasps, takes away the pain, redness and swelling in a short time.

The juice of mallows boiled in old oil, and applied, takes away the roughness of the skin, scurf, dandruff, dry scabs in the head, or other parts, and prevents the hair from coming off.

It is also good to remove scalds, St. Anthony's Fire, and other painful swellings in any part of the body.

Culpepper says that the *Marshmallows* are more powerful in the above complaints, than the common *mallows*. He states that a strong tea made of the leaves, is good to loosen the bowels, for injections, to relieve in cases of *gravel* and *stranguary*.

He says that at a certain time a kind of bloody flux prevailed in England, which the college of physicians call the plague of the bowels, which they could not cure. He says,—  
“ My son was taken with the same disease, and the excoriation of his bowels was exceeding great; myself being in the country, was sent for; the only thing I gave him was mallows bruised and boiled both in milk and drink, and in two days (the blessing of God being upon it) it cured him. And I here, to shew my thankfulness to God, in communicating it to his creatures, leave it to posterity.”

In all such diseases, these two herbs may be used with entire safety and good success.

#### CUCUMBERS.

If they were one degree colder, they would be poison; but it is safe eating them in small quantities. They are good for an hot stomach, eaten with salt, pepper and vinegar. The juice is good to cleanse the skin of the face. The seeds are good for stranguary, obstructions in the blader, &c.

## PART II.

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### EXTENSIVE IMPROVEMENT IN THE PREPARATION AND USE OF VEGETABLE MEDICINES.

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#### EMETICS, OR VOMITS.

BEFORE I proceed to a description of the emetic mentioned in this book, or rather the preparation which produces it, some introductory remarks are necessary.

1. It is objected by many that vomiting is unnatural, and of course injurious to man. An healthy emetic is not unnatural, nor injurious. We clear many things by bringing back. The young child vomits up the mother's milk without being sickened, and immediately is ready for more. When the stomach is full of cold and dead matter, by a suitable emetic, it may be immediately cleared and restored to its natural state.

2. It is objected, that emetics frequently given, weaken the stomach, and injure the whole system. It is true that *poison* given for emetics has this effect; but the vegetables created for *emetics*, have a contrary effect; they relieve; they cure the sick.

3. That emetics are useful, is allowed by almost every man who has the name of a phy-

sician. Those considered the most learned Doctors, speak in favor of it.

Dr. Robert Hooper, in his "Medical Dictionary," gives the following upon the subject:—

"*EMETICS* (*Emetica sc. Medicamenta; to vomit.*) Substances capable of exciting vomiting, independently of any effect arising from the mere quantity of matter introduced into the stomach, or of any nauseous taste or flavour.

The susceptibility of vomiting is very different in different individuals, and is often considerably varied by disease.

*Emetics* are employed in many diseases.—When any morbid affection depends upon, or is connected with over distention of the stomach, or the presence of acrid, indigestible matters, vomiting gives speedy relief. Hence its utility in impaired appetites, acidity in the stomach, in intoxication, and where *poisons* have been swallowed.

From the pressure of the abdominal viscera in vomiting, emetics have been considered as serviceable in jaundice, arising from biliary calculi obstructing the ducts.

The expectorant power of *emetics*, and their utility in catarrhs and phthisis, have been ascribed to a similar pressure extended the thoracic viscera.

In the different varieties of febrile affections, much advantage is derived from exciting vomiting, especially in the very commencement of the disease.

Emetics given in such doses, as only to ex-

cite nausea, have been found useful in restraining hæmorrhage.

Different species of dropsy have been cured by vomiting, from its having excited absorption. To the same effect, perhaps, is owing the dispersion of swelled testacles, bubo, and other swellings which has occasionally resulted from this operation."

If an emetic operates only to clear the stomach, it can do but little good; and frequently the common emetics fail of this. They often sicken, and frequently leave the sick man worse. Sometimes they operate till the patient dies. Indian root is often injurious, and tartar emetic is always poison. Hooper says,—“Tartar Emetic is obtained by boiling fusible oxyd of antimony with supertartrate of potash; the excess of tartaric acid dissolves the oxyd, and a triple salt is obtained by crystallization.”

The violent operations of these emetics have caused many to fear every kind of *Emetic*.

The *emetic* described in this work is very different from those in common use among the regular Doctors, especially in the following particulars:—

1. They are always safe when given according to the directions in this book, either to children or adults. It never cramps the stomach; but infallibly removes cramp when applied for that purpose. It is perfectly safe given to females in the time of the courses, when they are stopped, or are troubled with too great a discharge, in the flour albus, &c. It is safely given to females in every stage of

pregnancy, from first to last, and will prevent abortions, if seasonably administered. Deformed people who cannot take other emetics, may be sure of a benefit from this.

2. It never disturbs the bile, unless it is dead; then it throws it out of the stomach, nor does it ever convulse the stomach.

3. It will not disturb the food in the stomach if it sets easy after being eaten. A person may eat his breakfast, go to bed, and take this emetic in half an hour after eating, and vomit without bringing it up. If one part of the food worries the stomach, this emetic will bring up that part, and leave the remainder undisturbed. If the whole eaten disturbs the stomach, it will bring it all away and give him an appetite for more after the operation is over. This I have seen thousands of times.

4. In addition to clearing the stomach, it is more or less diffused through the whole man, and operates to clear all parts from cold and filth. It warms, cleanses, and quickens the circulation of the blood, helps the digestion, removes obstructions, and opens the pores. It does all needful for the sick and distressed; and was in the wisdom of God, as certainly designed for the relief of the sick, as food and drink was designed for the hungry and thirsty.

5. In one thing more, this *Emetic* differs from others, that is, a man cannot take so much of it at one time as to injure his health. When he has taken enough for one time, he cannot swallow any more, it will come back.

6. When a man is cleared of all disease by this emetic, and its attendant medicine, it will not operate, but passes off, without any disagreeable effect. It will not operate on a dying man, nor make a well man sick. Of course it is perfectly safe in all conditions, if administered according to the directions here given.

Having mentioned these things, I now proceed to a description of the materials which compose this EMETIC; the manner of compounding the different vegetables, and how it must be given to the sick.

It consists of the following. 1. The inside meat of hemlock bark. 2. American and W. India Cayenne. 3. The *Emetic, the Plant of Renown, or herb and seed.* 4. Nerve Powder. 5. Vegetable Elixir. 6. Sugar. 7. Water.

These things are put together in the following manner :—

1. About a teacup heaping full of the inside meat of hemlock bark pounded, must be put in an earthen mug or pitcher, and one quart of water poured into the pitcher. Stir it together and boil it about thirty minutes. Next, after it is settled, strain half a pint of it in a small bowl, for an injection. Add a teaspoon rising full of American Cayenne, or Red Pepper made fine. When this tea is about blood warm, add as much of the Emetic leaf made fine as of the Cayenne put in before. Add half a teaspoonful of Valerian, or Nerve Powder, and one or two teaspoonsful of the Elixir.—Stir all these together, and with a syringe give the injection to the sick in bed.

## EMETIC, NO. 1.

1. After the injection has operated, take a teacup two thirds full of the hemlock tea ; add an heaping teaspoonful of American Cayenne, and as much sugar. When the tea is cool enough to drink, add an heaping teaspoonful of the green emetic, or leaf, made fine, half as much of the seed emetic pounded fine ; half a teaspoonful of nerve powder, and one teaspoonful of Elixir—stir these together and let the person drink it. Give him water or cider to drink if he wishes it.

2. In about fifteen or eighteen minutes after giving the first cup of Emetic, give another prepared the same as the first, excepting the seed emetic, give about double the quantity of that more than was given in the first cup.

3. After the same length of time, give a third cup, prepared the same as the second. This is enough for one day.

4. In about half an hour from the time of giving the third cup of Emetic, fill a teacup two thirds full of pennyroyal tea, sweeten it, add one teaspoonful of American Cayenne, and half as much *West India Cayenne*, one teaspoonful of Elixir—stir all these together, and give that. Half an hour after, give a second prepared in the same way ; and after another half hour, give another, the same as the second. This is generally enough for one day. If the person does not vomit freely with all this, let him drink freely of warm pennyroyal tea, and water or cider if he wishes for either.

After the operation is all over, give him milk porridge, as soon as he craves it. When

he has entirely done sweating, which is generally several hours from the time of first giving the emetic, let him set up in the bed, put a blanket over him, and wash him with New-England Rum, and wipe him, and change his clothes. In an hour or less, he may get up and sit by the fire, and the next day eat what he craves, and in warm weather may safely walk abroad.

If the disease is not removed wholly by one course as above, it must be repeated in two, three or four days, as his case requires, until the man is well—giving him bitters and powders as directs in other parts of this work.

[see Bitters, and Veg. Powders.]

This process is good in all cases of obstructions of the stomach and bowels, fevers, rheumatisms, &c.

N. B.—The tea must always be cool enough to drink before the emetic is added.

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#### EMETIC, NO. 2,

Is prepared in the following manner. Take one ounce of the seed of the emetic herb, pound it fine, and put it into a bottle or phial, add two teaspoonsful of pounded W. I. Cayenne, and four ounces of the vegetable elixir, and shake them well together, and it is fit for use.

In all cases of fits, cramps, convulsions, spasms, lock jaw, poison, &c. give about a table spoonful of it, shaken up first. In fifteen or twenty minutes give warm pennyroyal tea. If all this does not relieve, in half an hour from giving the first, give one teaspoonful of

this No. 2, in warm pennyroyal tea sweetened, and one teaspoonful of vegetable elixir, this I never knew to fail in giving relief in such cases.

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### EMETIC, NO. 3.

This is a preparation for young children, and may be safely used in all condition which children may be in, from the day they are born. For very young children, make a tea of pennyroyal, and fill a teacup two thirds full, sweetened. Put one teaspoonful of the green emetic, (made fine and sifted) into a thin cloth; dip it in the tea, and squeeze it to get the strength into the tea. When cool, give one third of it; in about ten or fifteen minutes, give one third more; and in ten or fifteen minutes, give the remainder. If this dose does not relieve, fix another dose, and give it as before. This is enough for one time.

For children from five to six months old, to two, three, five, or six years old, make pennyroyal tea, fill a teacup half full of the tea, sweeten it, and put an heaping teaspoonful of green emetic into it; stir it well, and give the child one third of it; in ten or fifteen minutes, give one third more; and in as much more time give the remainder. This is generally enough for one day. If this does not operate enough to relieve, give half as much more; and be particular to give drink as often as the child wants it, either cider, tea, or water.

## VEGETABLE POWDERS.

These powders are prepared in the following manner :—

1. Take one pound of bayberry bark, (and in the same proportion for more or less,) of the root dried, pounded fine, and sifted through a fine sieve.
2. Eight ounces of the inner bark of the common hemlock, (having shaved off the ross) pounded fine, and sifted as the other.
3. Eight ounces of ginger; four ounces of American Cayenne; four ounces witch hazel leaves dried, pounded fine, and sifted as the others.

Put these together, and mix them all together, and they are fit for use. They may be given in all cases of sickness, such as violent colds, dysentery, pain in the stomach, side, head, cholic, &c. In the first of a fever, they frequently throw it off, and the person recovers after taken them a few times. They are good to warm the stomach, cause an appetite, and prevent sickness at the stomach. They frequently cause a person to vomit, in which case, they afford great relief.

They are to be used in the following manner.

1. Take an heaping teaspoonful of them in a teacup ; add one teaspoonful of sugar ; fill the cup half full of boiling water ; stir it well ; when cool enough to drink, add one teaspoonful of vegetable elixir. Take it in bed at night. If taken sitting up, sit by a fire, with a blanket around you until the operation is over, which will be in about fifteen or twenty

minutes. Continue to take them morning and evening, until relief is obtained. They are a safe medicine for young and old, and may be used with safety in all the variety of female complaints.

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#### VEGETABLE BITTERS.

These bitters are prepared in the following manner.

1. To make one junk bottle, take of poplar bark and the leaves and flowers of thorough-wort, equal parts, enough for about one quart of strong tea; add about one fourth as much wormwood. Put them into an earthen vessel, and pour boiling water to them. Boil them awhile to get out the strength. Put this in a bowl, and add one teaspoonful of American cayenne. Pour the tea into the bowl and stir the whole together, and when cool, add one gill of brandy or gin, put all into a junk bottle. Shake it a few times, and the bitters are fit for use.

These bitters are good for jaundice, loss of appetite, indigestion, pain in the stomach and bowels, costiveness, and other obstructions peculiar to females, and for swellings in the bowels. Take a common wine glass full, before breakfast, at eleven o'clock, and towards night, when needed. They are a safe medicine in all conditions for male or female.

N. B.—There are some cases, where an addition to these bitters is needful. If designed to assist obstructed menses, two teaspoonsful of nerye powder, and two of bitter root

must be added to one junk bottle after they are made. The bitters must be shaken before they are taken. One wine glass at once, two or three times in a day is sufficient.

In cases of an old relax, two teaspoonsful of pounded bayberry bark of the root, and one of nerve powder must be added, and taken as above. This will generally cure in a few days or weeks at most.

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#### VEGETABLE ELIXIR.

This elixir is prepared in the following manner.

Take one gallon best fourth proof cogniac brandy, put it into a stone jug, or glass demijohn. Add one pound gum myrrh pounded fine, and one ounce of W. I. Cayenne Pepper pounded fine. Shake them well together, every day for six or seven days, and the elixir is fit for use. Let the myrrh remain until the liquor is all used. For a larger quantity, observe the same proportion of brandy, myrrh and Cayenne.

This elixir is useful in all cases of pain, taken inwardly, or applied upon the outside. In cases of common head ache, put some on the head, and snuff it up the nose ; it will generally relieve in a few minutes. Hold some in the mouth for the tooth ach, then wet cotton wool, and put it on the tooth, it will generally relieve the pain in a short time.

By taking from half to an whole tablespoonful, in cases of pain in the stomach or bowels, the pain will soon be removed. Bathing the

side or bowels, will remove the pain in a short time.

When the joints are swelled or pained with rheumatism, rubbing them with this elixir, will relieve pain and bring down the swelling.

When a joint is strained, by bathing with this, the pain will be removed, the swelling taken down, and the strength restored.

In cases of cramp in the limbs, stomach or bowels, this elixir will remove it immediately. Applied to cuts, bruises, and slight burns, or other wounds, it effects a speedy and easy cure.

When the hands are covered with warts, by applying this often, it will take them all away. Blood warts are cured by it. What is called "*weeping sinews*," are cured by bathing the part several times in a day, and wearing a flannel over the injured part.

People troubled with weakness and pain in their backs, may be cured by bathing with this elixir two or three times in a day. A recent relax is generally cured by taking a table spoonful two or three times in a day for a few days.

Swellings in any part are removed by taking it, and bathing where the part is affected.

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#### VEGETABLE OINTMENT.

This ointment is prepared in the following manner.

Take one gallon of neats-foot oil, add one

pound of the bark of the root of bitter sweet, dried and pounded fine; half a pound of chamomile pounded; half a pound of wormwood pounded; and one ounce of cayenne pepper pounded fine, with one quart of best cognac brandy. Stir these together and simmer them over a slow fire one day. After this, strain off the oil, and add two ounces of spirits of turpentine to each pound of the ointment.

This ointment is designed wholly for outward applications. Such as callouses, swellings, bruises, sprains, tightness of the sinews, or stiffness in the joints, and to remove corns. Corns are cured by shaving them down to the quick, then put a thin piece of bladder into the ointment, and wrap it round the toe, and wear it, adding more ointment when needed, until the corn is gone.

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#### EYE WATER.

It would be difficult to tell how many kinds of eye water have been invented, recommended, sold, tried and used to no purpose, unless for a bad one. The best I ever found is the following:—

Take of the cancer plaster, which is from the heads of red clover, boiled to the thickness of tar. Dissolve it in spring water, to a proper thickness, add one fourth as much Cogniac fourth proof brandy as there is of the liquid, and put on the eyes two or three times in a day. [See Eye.]

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#### SALVE.

This is prepared in the following manner.

Take one pound of bees-wax, one pound of salt butter, twelve ounces of balsam of fir, twelve ounces of turpentine, and simmer them till all the compound is well melted together. Then settle and strain it off from the sediment, and it is fit for use. To be used for any sore, bruise, burn or scald, after the sore is cleansed from blood, canker, &c.

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#### CANCER PLASTER.

This plaster is prepared in the following manner:—

1. Take the heads of red clover, when full grown, put them in a brass or iron kettle. Fill up the kettle with water sufficient for the quantity of clover head collected. Boil them till the strength is out; then strain the water and press out all you can from the clover. When this is done, boil down the tea by a slow fire, until it is about the thickness of tar when cool. This is very good for common sores, but not strong enough for cancers.

2. Take half a gill of this which is boiled down. Add to this quantity an heaped tea spoonful of the emetic seed pounded fine, and the same quantity of West India Cayenne made fine. Stir all these together, and it is fit for use. Take a piece of bladder split, and made soft by rubbing it, or a piece of soft glove leather. Spread the plaster larger than the sore, and lay it on. When the *cancer*, or any other canker sore has taken off all the plaster, spread another and put on. Continue this till the sore is cured. For further particulars, see Cancer.

## VEGETABLE COUGH POWDER.

This powder is prepared in the following manner.

Take of horehound, made fine and sifted, four ounces; one ounce of lobelia emetica; (emetic herb) one ounce of cayenne pepper; one ounce of skunk cabbage; one ounce of bayberry root bark; one ounce of valerian; and one ounce of thoroughwort, all pounded fine, and sifted through a fine sieve, and well mixed together, when it is fit for use.

It must be used in the following manner, for the whooping cough, or any other cough. Take an heaping teaspoonful, and put it in a table spoonful of molasses, and stir it together with the molasses. Take, in bed, a teaspoonful of it at night, and at any time when the cough is the worst. This will generally cure. When the cough is such that this will not cure, the person must go through a regular course of medicine.

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## VEGETABLE SYRUP FOR DYSENTERY.

To prepare this, take one pound poplar bark, pounded fine; one pound of bayberry bark, pounded fine; one pound gum myrrh, made fine; seven pounds loaf sugar; three gallons of spring water; one gallon best fourth proof cogniac brandy. Put all these into an iron kettle, and let them boil about half an hour, strain off the liquor when cool, and put it in bottles corked tight, and it is fit for use. Take about one wine glass full at a time, two.

three or four times in a day, as the disorder may require. For children about half as much as for a grown person.

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#### VOLATILE SALTS.

Take of sal ammoniac crude, one ounce; two ounces of pearl ash. Pound them separately, then mix them well together, and add two or three drops of vegetable elixir, shake it all together in a bottle, and it is fit for use. To be used for the head ache, fainting, &c.

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#### INJECTIONS OR CLYSTERS.

This means medicines thrown into the body by syringe. Hooper gives the following description of them. "INJECTION, (from *injicio*, to cast in.) A medicated liquor, to throw into a natural or preternatural cavity of the body by means of a syringe." Buchan says, "This class of medicines is of more importance than is generally imagined. Clysters serve, not only to evacuate the contents of the bowels, but also to convey very active medicines into the system. A simple clyster can seldom do hurt, and there are many cases where it may do much good."

All physicians who have any proper knowledge of the human body, have acknowledged the propriety of injections in a great variety of cases. Many have been kept alive for some time, only with nourishment thrown up in this

way. Many times people have been relieved by an injection of warm water, gruel, broth, &c. &c.

In my method of attending the sick, many diseases could not be cured without the use of them. Such as cholic, dysentery, piles, cholera morbus, general coldness in the bowels, stranguary, gravel, diabeters, falling of the rectum, flour albus, flowings, stoppage of the courses, pain in the back, and all hysterick complaints.

There is scarcely a disease where the emetic is necessary, but what the injection ought first to be given.

My preparation for injection is in the following manner:—Make a strong tea of the inner bark of the hemlock, pounded fine, (about an heaping teacup full) pour out half a pint in a small bowl; add one teaspoonful of A. Cayenne, while the tea is hot. If to be given immediately before the emetic, [see directions for emetics] when the tea is about blood warm, add an heaping teaspoonful of the green emetic, half a teaspoonful of nerve powder, and one or two teaspoonsful of elixir. Stir it and give it with a syringe.

For an injection when the emetic is not to be given, prepare it in the same manner, only add half a teaspoonful of the green emetic. This will relieve in cases of cholic, relax, stranguary, pain of any kind in the bowels, or piles. Should the person feel much pain in taking either of these kinds of injections, give a table spoonful of elixir, which will soon remove pain after it is swallowed.

If an injection is given without the emetic, it should be given at night, in bed, and at any time when given, the person should be in bed.

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#### ITCH OINTMENT.

Itch ointment is prepared in the following manner.—

Take one gallon of high wines, or alcohol. One pound of gum myrrh pounded fine; one ounce of West India Cayenne. Put the alcohol into a jug that will hold about two gallons; add the pound of myrrh and cayenne to it in the jug. Shake or stir it well together. Put the jug in a kettle which will hold one or two pails full of water. Pour water into the kettle until the kettle is nearly full. Hang it over the fire. Let the cork be out of the jug. In this situation let the water boil and the alcohol, about half an hour. After it is cool, and settled, strain it off from the myrrh and cayenne; and add one fourth as much spirits of turpentine as there is of the alcohol after it is boiled. Shake it for some time, and it is fit for use. It must be put on night and morning, until a cure is performed, which is commonly within one week. This I have never known to fail of curing the most obstinate kind I have met with. [see Itch.]

N. B.—This ointment must always be shaken up in the phial before it is put on. There is no need of changing the clothes when this is used, and there is no danger by taking or using it at any season of the year.

## POULTICES.

There are many cases in which poultices are necessary. In various kinds of swellings, caused by colds, sores, bruises, canker and humours. The kind described here, seldom fails to produce the desired effect in a short time.

It is prepared in the following manner:—

1. Take two crackers pounded fine; if these cannot be obtained, take that amount of white bread.

2. Add to these an heaping table spoonful of ginger, as much slippery elm, and one tea-spoonful of *American Cayenne*. If this cannot be obtained, take the same quantity of red pepper made fine. Stir these together.

3. Make a strong tea of the inner meat of hemlock bark, or of red raspberry leaves.—Pour this in hot, and stir it together till the poultice is thin enough to put on the part affected. Change the poultice once or twice in a day as the case requires. Sometimes it is best to wet the poultice with the tea on the sore, especially when the sore feels too hot. The poultice should always be put on cool. It will soon feel hot until all the inflammation is out of the sore, or swelling.

I have often had occasion to apply this kind of poultice to sprains, swellings caused by rheumatism, ague sores, salt rheum, St. Anthony's fire, gout, old cankered sores, burns, &c. and generally with good success.

In some cases of canker sores, it is best at first to omit the cayenne, until the sore is a little healed, and after applying one or two,

then add the cayenne. In doing this, discretion must be exercised.

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#### PILLS.

To shew the propriety of *pills*, or of taking medicine in this form, in certain states of the human body, we will first give a few extracts from Culpepper's writings.

1. "They are called *pillæ*, because they resemble little *balls*. The Greeks call them *catapotia*.

2. It is the opinion of modern physicians, that this way of making medicine was invented to deceive the palate, that so by swallowing them down whole, the bitterness of the medicine might not be perceived.

3. I am of a contrary opinion to this. I rather think they were done up in this hard form, so that they might be the longer in digesting; and my opinion is grounded on reason. The first invention of pills was to purge the head.—Such infirmities as lie near the passages were best removed by decoction, because they pass the grieved parts the soonest. If the infirmity lies in the head, or any remote part, the best way is to use *pills*, because they are longer in digestion, and therefore the better able to call the offending humour to them."

This account of *pills*, is to me rational, and for the above reason, I have of late prepared and used with success such as are here described. There was no one preparation which operated as these pills do, and they answer

generally, all the purposes which were contemplated before they were prepared and used.

Taken from five to nine, every other morning before breakfast, they remove costiveness, help the digestion, and are in general an infallible cure for the *head-ache*. They never cause pain or griping, but cause an easy natural discharge from the bowels from twelve to twenty-four hours after being taken. They generally operate once or twice; and are perfectly safe in all conditions peculiar to male or female.

They are prepared in the following manner:—

Take of poplar bark, made fine; bugle and thoroughwort, equal parts. Half as much wormwood, as there is of thoroughwort.

Pour boiling water to these in an earthen vessel, or iron kettle. Boil them till the strength is out, then strain off the tea from the herbs, and boil it down to nearly the thickness of molasses.

To one pint boiled down, add one gill of molasses, and eight ounces of rhubarb, pounded fine and sifted through a fine sieve.

Next, add one ounce of *West India Cayenne*, made fine and sifted; one ounce ginger, one ounce slippery elm made fine and sifted, and one ounce of golden seal, or bitter root.

If the above articles do not make it thick enough to work into pills, add wheat flour till it is sufficiently hard to make into pills.

These pills should be taken in the morning before breakfast, from five to nine, every oth-

er morning. They cause an easy and useful operation, from eight to twenty four hours after they are taken.

They are remarkably good in cases of costiveness, indigestion, cold stomach, head ach, and dizziness. They are good in various kinds of female complaints, and may be taken with safety in all situations in which men or women may be in.—A few cases are here stated among many others.

1. A gentleman in Boston was troubled with a severe head-ach four or five days. By taking only seven of these pills at night, the pain was wholly removed in about twelve hours.

2. A lady was troubled with a constant pain in her head for about seven months. By the request of her husband, I visited her, gave her 40 pills to take, five or six every other morning; a few bitters and powders. Before she had used all the pills, the pain was removed, and it has not returned.

3. Another was troubled with costiveness; which was removed by taking these pills a few times.

4. A young man who had been sick with a fever, after recovering so as to have a good appetite, ate some food which hurt him. The family was alarmed, fearing the fever would return. His nurse gave him in the morning nine pills, which removed the obstruction, and at night he was entirely well, and felt no more of the difficulty afterwards.

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#### CORDIALS.

There are various kinds of *Cordials* suitable for people who are unwell.

1. If a person is troubled with a relax in the bowels, make a strong tea of red raspberry leaves. Add to one quart of this tea, two ounces of peachmeats made fine. Half an ounce of myrrh pounded fine; four ounces of loaf sugar; and one gill of Cogniac brandy. Bottle it, and it is fit for use. When you drink them, shake the bottle first. Take about one wine glass full, two or three times in a day.

2. If a cordial is needed to relieve costiveness, make a strong tea of poplar bark made fine, and thoroughwort, equal parts. Add five ounces loaf sugar, and one gill of gin. When the stomach is cold, add to each junk bottle one or two teaspoonsful of American Cayenne.

3. In cases where the appetite is small, the digestion poor, make a strong tea of black birch bark. To one quart, add two ounces of peach meats made fine. Half an ounce of myrrh, made fine. One teaspoonful of American Cayenne; four ounces of loaf sugar, one gill of Cogniac brandy, and drink two or three wine glasses full in a day. Shake them in a bottle before you drink them.

4. To relieve the bowels of cold, &c. take of yellow dock root, dandalion roots, and the leaves of lovage, equal parts, half as much saffron. Boil them together, and strain off the tea. To one junk bottle, add five ounces loaf sugar, one gill of gin, drink it in the same quantity and as often as the direction for using the other cordials.

There are scarcely any complaints where some one of these *cordials* will not relieve.

All these have been frequently tried, and proved useful for the sick.

N. B.—When peach-meats cannot be obtained, cherry-stones pounded, or bitter almonds may be used as a substitute, by adding to each junk bottle, the amount of two ounces of peach-meats.

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#### STEAMING.

It may be expected that something will be said here on this subject, as it has caused so much to be said within a few years.

Dr. *Samuel Thomson*, claims the discovery of its usefulness to the sick, in this part of the country. His method is this; heat three or four stones, about the size of a quart pitcher; put them in a kettle when they are red hot; cover them half over with the boiling water; let the sick person stand over the steam with a blanket around him, to keep off the surrounding air. Throw cold water in the face to prevent fainting, until the person is as warm as he can endure. They can generally endure this operation from twenty to thirty minutes. Immediately after this, wash the person in cold water, wipe him dry and dress, or go to bed, as is judged most suitable to the condition of the sick person. There is no doubt in my mind, but this operation has often done good, and I am confident it has sometimes been useless and sometimes hurtful. Dr. *Thomson* has sometimes poured a pail full of cold water on the head of the sick—this I believe an unsafe practice.

I followed the practice of steaming for several years; but at last laid it aside, and found that in general, I got the sick along better without than with it. In cases of rheumatism it has been useful, when administered with discretion. One difficulty attending this mode of steaming is, in getting a sick person out of bed and back again after steaming. I found he often lost as much heat as was gained by steaming. The sick would often faint by getting from the bed to the fire; and often have I been obliged to take them in my arms and lay them in the bed before they would revive. In the spring of 1821, I wholly laid the practice aside, excepting once in a case of violent rheumatism.

In the month of December, 1821, I became acquainted with a mode of steaming, invented by Dr. *Samuel Jennings*, of Baltimore, state of Maryland, and find it to be exactly what is needed in steaming, as far as I have used it.— His mode is very easy, simple and safe; and I have not found any difficulty attending it.

His mode is the following. He has a tin tube made in joints, about two feet and a half long, and crooked. A frame is made four feet long, to put over the person in bed. A board at the foot of the bed, with a hole in it, receives the small end of the tube. At the bottom of the tube, a cup is filled with N. England rum, warmed, or high wines which is set on fire. This fire raises an heat in bed, so that in a short time the person becomes so warm as to sweat, without pain or uneasiness. The heat is raised as high as the person can bear,

and lowered as is most suited to the condition of the sick.

It is so fixed, that the sick can turn and warm or heat every part, and is in no danger of taking cold. I have tried it in several cases of *rheumatism, cholic, fever, cold, dropsy, &c.* and in every case, it has far exceeded what I first contemplated. I can safely recommend it as the best mode of steaming I have ever yet met with, and use it daily, and often several times in a day.

People who were much opposed to my former mode of steaming, are without the exception of an individual, pleased with this. Dr. Jennings says, he has found it useful in the following diseases; inflammatory fever, pleurisy, inflammation of the brains, fever and ague, typhus fever, gout and rheumatism, croup, dysentery, cholic, female complaints, piles, St. Anthony's fire, measles, &c.

This new mode of steaming which is done without smoke, vapour, soot, or ashes, is recommended by Drs. Thatcher, Mitchell, Mann, by the Medical Society in *Louisiana*, and by many others, and by the President of the United States.

The following is my mode of using Dr. Jennings' warm and hot bath.

In common cases, I give the injection and emetic as mentioned in this book. After both have ceased their operation, I use the bath, continuing it as long as the person can bear it comfortably, and as hot as the system will endure without making him faint. If one cup full is not enough, add the second, and some-

times the third. When the heat is raised high enough, I take out the frame, and let the sick lie till the sweating is ended, which is commonly from one, to four or five hours. When the sweating is over, I wash them in rum, wipe them dry in the bed, change their clothes, and after an hour or some less time, dress, and let them set by the fire, or walk about as is most suitable.

In cases of *rheumatism*, *asthma*, &c. my practice is to steam them first, to make them limber in *rheumatism*, and in *asthma*, to help the breathing; then give the injection and emetic as usual.

In cases of *rheumatism*, where the stomach is clear, and the disorder is seated only in the *shoulders*, *back*, or *hips*, I give a dose of the vegetable powders, and steam; this often so relieves, that the person is able to be about his business in a day or two.

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#### BLISTERING, BLEEDING, SETONS, AND ISSUES.

These things are in such common use, that some may expect to read of them in this work. All these, I consider not only useless, but often very injurious to the sick.

A *blister* is a burn, though generally through the first skin. The flies shut up the pores and deaden the skin, so that the water which goes off by insensible perspiration, raises it up till it breaks, and the water runs off. In a person very cold, there can no blister be raised. In a person warm and full of blood, something

must be kept on, or the body will heal the burn; as the course of nature is to heal any breach made upon any part of the body.

The bad effects of blistering are often seen, in addition to the trouble they cause in the first part of their operation. *Canker* often attends them, sometimes mortification, sometimes withered limbs and death. It is a fashion with some to shave the head, and blister it to cure a fever. The consequences of this is death in many instances. The blister raises the heat on the head, turns the cold into the brain, which ought to be thrown out; brings on a delirium, and death generally follows, in cases where I have been acquainted.

*Bleeding*, is another bad practice. "*The blood is the life,*" says Moses; and to take away the blood, is to take so much of the life of the sick man. A man has never too much blood, any more than he has too much brains, or too many bones. A well man never complains of too much blood; of course blood is a benefit to a sick man. After a man has been sick, had his blood taken from him, is much weakened thereby; the *Doctor* tells him to eat and drink, to make blood. If he wants more blood to make him strong, would he not have been stronger, had his blood been left in him? Judge ye.

## PART III.

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### DISEASES, AND MANNER OF CURING THEM WITH VEGETABLE MEDICINES, WITH- OUT THE USE OF MINERALS, BLEED- ING OR BLISTERING.

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#### ABORTION.

The symptoms of abortion are the following; pain in the back, loins, and lower part of the abdomen ; shiverings, flowing, nausea, palpitation of the heart, &c. This most commonly happens between the second and fourth months of pregnancy ; it may, and sometimes does happen later. It is generally occasioned by falls, overreaching, or reaching too high, frights, disagreeable smells, by poisonous emetics, or by any violent commotions of the body or mind.

In this case there is a loss of balance in the system ; a pressure which causes a miscarriage. When the above symptoms appear, the person should be put into a bed immediately with the head lower than usual. A dose of vegetable powders, elixir and nerve powders must be taken If this dose does not relieve, an injection prepared as directed in this book, should be given.

If all this does not relieve, or restore the balance of the system, an emetic must be given; this will certainly prevent, if administered in season. I will here mention a few cases in which this course relieved, and wholly prevented an abortion.

1. A young woman was taken with shivering, pain, &c. Her husband asked me to visit her, in a few minutes after she was taken.—She first took some powders. This did not relieve her. We then gave her an injection, and an emetic. This relieved her entirely, and all was well until her child was born, which was several months after.

2. Another woman about forty, in a town near Boston, who had overdone, was violently seized in the morning with pain, and flowing. A doctor, near by, was called in. He directed the nurse to lay snow and ice on her bowels; to lay her head low, and by all means not to take any thing warm. She remained in great distress through the day. In the morning of that day, I was sent for to attend her husband, who was sick with a fever. I arrived there at 6 o'clock in the evening.—Entering the room, my mind was greatly shocked at the distress of the two. The man was distressed, and near a delirium. The woman was at times in such distress that she would cry out aloud, on account of severe pain.

She asked me if I could do any thing to relieve her. My reply was, "I could relieve you, but it will displease your doctor." She replied, "he will not come again; unless I send

for him, and this I shall not do if you can help." She further added,—"The doctor says I must not take any thing warm, and here I am shaking and shivering with the cold, caused by the snow and ice around me. Will it do to take some of your *Elixir*?" "Yes, I will give you some if you will take it." I then gave her one teaspoonful. In half an hour, I gave her a table spoonful; this soon relieved her some.

I then directed her attendants to warm two thick blankets; to put one under and one over her, that she might not suffer by the wet clothes around her. In half an hour from giving the last elixir, I gave her a cup of powders, elixir and nerve powder. By midnight she was entirely free from pain, and the flowing ceased. As I was attending her husband in the same room, I frequently gave her warm pennyroyal tea, with elixir in it. At 5 o'clock in the morning I left them both easy and retired to rest.

At 7 o'clock I went into the room, and found them both easy, having been refreshed with sleep. She stated that she felt well enough to set up, and had some appetite to eat. I directed her to continue the same medicine for a few days, and in a short time, she was as well as before this difficulty happened. This course is always safe, in all cases of this kind, and may be pursued without any fear of an injury in taking such medicines in cases of this kind.

Sometimes *abortions* take place, and females frequently lose their lives because no relief

can be obtained to prevent a flowing on such occasions. The same course will bring a balance in the blood after miscarriage, as it brings a balance of the system to prevent the same. It is a great mistake people are in, that nothing warming must be given in these cases; this is the only safe thing to be done.

A young woman near Boston had miscarried, and being very weak, sent for a doctor, who directed her to take cooling things. As she grew no better, by her request, I called to see her. I left her one paper of powders and one ounce of Elixir, to take night and morning. She took this four days; at which time she walked to Boston, which was one mile. I gave her as much more, which wholly relieved her, and she was soon restored to health and strength.

*Setons and issues*, are unnatural sores made upon some part of the body. They must be kept open by a pea, or piece of wood, or the body ever friendly to each member, would heal the breach which the unskilful doctor has made upon the territory of man. It is said, "they run off the disease;" this is not true. I have seen them kept open till almost all the flesh was gone from the limb, and the disorder still increasing. I have never seen any bad effects by curing them and removing disease in a natural and rational way.

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#### AGUE.—IN THE FACE.

This is a very distressing complaint, though not generally dangerous. In the first stages

of the ague, but little need to be done to effect a cure. When a person feels his face stiff, and some pained, hold the *vegetable elixir* in the mouth, and bathe the face where the pain and swelling is with the same; which will generally remove the cold in a short time.

If this does not cure, take a dose of the powders; then take a teaspoonful of cayenne pepper, and put it in a fine cloth, tie it up, wet it in the *elixir*, and put it in the mouth, between the gum and the cheek; set by the fire, with a blanket over the head, and wrapped around the body. Set a bowl or some vessel on the hearth or floor before the fire, and let the water run out of the mouth, until the cold is out, when the pain will cease.

If the pain and swelling is in both sides, put the *cayenne* in a small cloth on both sides, which will cure, unless the disorder is very stubborn.

If all this does not cure, give an emetic, the same as for any other disease, which I never knew to fail in effecting a cure.

The first person I ever attended with this complaint held the cayenne in her month three hours, after having been in a distressed condition for four days. The next day after taking this method, she was able to attend to her business as usual; the swelling came down, and she was no more troubled with it after. One instance more I here mention. A Physician in Boston was much afflicted with the ague in his face; for seven nights successively he had but very little sleep. The eighth night he came to see me, and observed that he was al-

most dead, and could not relieve himself. He sat down by a good fire, and I first gave him a strong dose of powders; next I fixed a small bag of cayenne, and put it between his cheek and gums; wrapped a large blanket around him, set a bowl to catch the water, which run from his mouth, and placed a chair before him to lean his head on. In one hour he was completely relieved and fell asleep. In a short time after, he went to bed, and slept all night. In the morning he went home and was no more troubled with the ague.

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#### ST. ANTHONY'S FIRE.—ERYSIPelas.

This disease is an inflammation principally upon the skin, which appears on different parts of the body. It is generally caused by over heating the body, and cooling suddenly. "Every part of the body is equally liable to it, but it more frequently appears on the face, legs and feet than any where else, when seated externally." What is called the *shingles* is the same disease.

The symptoms of this disease are,—the face, or other parts, are inflamed with pimples, scurf, blisters, large or small, with heat, redness, itching and smarting, drowsiness, and sometimes difficulty of breathing are its attendants.

The different states of this disease require different modes of treatment. In the first of this disease, it may be cured by taking the *vegetable powders*, and *elixir*, night and morning, and bathing the affected parts with the

elixir, two or three times in a day, and wearing soft flannel to keep off the cold.

When this does not cure, the *injection* and *emetic* must be given, the same as to remove any other kind of cold and obstruction, and to open the pores. This operation, and bathing with the elixir, and *palm ointment*, will perform a permanent cure, by continuing the application till the disease is removed. The emetic must be continued once in three, four, or five days, until the cause is wholly removed, taking the powders every night, until a cure is performed.

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#### APOPLEXY.

“*Apoplexy* is a sudden deprivation of all the senses, and all the sensible motions of the body; excepting that of the heart and lungs.”

This word originally meant to knock down, because it causes a person to fall down as though dead. It means a sudden loss of sense and motion, in which the person is to all appearance dead, the heart and lungs however continue to move. The real cause of apoplexy, is too great a quantity of water and cold the brain, which obstructs and prevents the tural circulation of the blood through all rts of the body. The causes of this disease e numerous, but any thing which causes an natural pressure towards the brain, or that events the return of the blood from ad, may bring it on.

The usual fore-runners of an a  
suddenness, pain and swimming in t

of memory, drowsiness, noise in the ears, an involuntary flow of tears, and difficulty in breathing.

The manner of removing this kind of obstruction is the same, as for removing obstructions from any other part of the body.— An *injection* and *emetic*, by being often repeated, will cure without fail. My method is, first to give the *vegetable powders*, then give the clyster and emetic, as directed in this work, going through a regular course. If once does not cure, in the course of one, two or three days, as the case may require, give the same again; administering the powders, night and morning, with the bitters, and such food as the person can eat, as much and as often as he wishes for food. His drink may be cider, beer, coffee, tea, milk porridge, or gruel.

A labouring man in Boston, about fifty three years old, who had some years before had one or two slight shocks of the *apoplexy*, was so violently shocked, that he had but little knowledge of any thing. He sent for me at night. He appeared quite stupid, though he knew me. I first cleared his bowels with the *clyster*, and then gave him the emetic, described in this work. It operated through the whole system, and greatly relieved him. The next morning he was able to walk about, and in a short time went to his work as usual, and has never felt any of the difficulty since, which is four or five years. After taking the emetic, powders and bitters some time, and lie as before.

## APPETITE.

There are three states of the appetite.— One is regular, the other two are irregular; in one, the person craves more food than a well man needs; in the other, he can eat but little, and that often causes pain, or appears to him to be lost. A person with a canine appetite will grow poor, the same as the one who has little or no appetite. In either of these cases, the stomach is foul and cold, which obstructs and injures the digestive powers. To remedy either of these difficulties, the stomach must be warmed and cleansed, that it may be properly toned, when the appetite will become regular, the food digest, and the whole body receive its part of nourishment from the food eaten.

Two things may be done for relief. The first, is to take the vegetable powders, night and morning, and the vegetable bitters, two or three times in a day. If the stomach is not very foul and cold, this will cure; but if it is, the stomach and bowels must be cleansed and warmed with the vegetable *injection* and *emetic*, until the cause is removed. Sometimes one course will do, sometimes two or three; and in some cases, the person must be attended four or five times. [see stomach.] All kinds of minerals must be avoided in these cases, such as mercury, arsenic, nitre, &c.; also bleeding, blistering, taking salts, and any other cold thing, as they increase the difficulty, instead of effecting a cure.

In the summer of 1821, I visited a young lady, who was considered consumptive; she

was poor, pale and weak, yet had a craving appetite, and was in frequent want of food, which, when she had eaten, did not hurt her. With all she ate, she grew poor and weak. I first gave her the vegetable powders for a few days; then attended her through a regular course of medicine five times in about five weeks; giving her between the times, the powder every night, and the bitters three times in a day. Her appetite soon became regular, her digestion good, and she soon enjoyed a comfortable state of health.

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#### ASTHMA.

"*Asthma* is a difficulty of respiration, or breathing, from a disorder in the lungs, usually attended with violent motions of the diaphragm, abdominal and intercostal muscles, and with a sterter, or ratling in the throat.

This word signifies *to breathe with difficulty*. The real cause of the *Asthma* is a cold in the lungs, and the neighbouring parts connected with the lungs; the midriff, the musels of the bowels, throat, &c. The inaction of all these parts must be regulated, and the balance of every irregular part restored, before this difficulty can be removed.

It appears to be the common opinion of doctors and others, that air is the cause of breathing; but this is a great mistake. There is as much air in and around a dead man, as there is in, and around a living man. It is *heat* that makes a man breathe; and for want of this in the

lungs, a man complains of a difficulty in breathing, or is said to have the asthma. Let any man have a cold in his lungs, and his breathing is hard. The cold air presses down the wind-pipe, and expands the lungs as it passes from the large pipe to the smaller ones. This extends the lungs, like filling the bellows with wind. As it is natural for the muscles of the lungs to contract, or draw up, the heat of the lungs rarify the cold air, and it is pressed out warm, and feels warm as it passes out through the mouth. In a well man, the air is warmed in the lungs, and he throws out the rarified air with ease, awake or asleep.

When the lungs are so cold as to lose their natural action or tone, they neither warm the air, nor press it out with ease; this produces what is called the asthma. A drowned person loses the heat to a greater degree, and cannot breathe at all. Warm him, and get his blood in motion, and he will breathe again.

To cure the asthma, the heat must be raised in the whole man so high as to wholly clear the lungs of the cold. If the cold is removed only from the lungs, the man will breathe easy for a short time, then the cold from the body will fill that rarified space, and the difficulty will return again.

The only cure for the asthma that I have found is, to give medicine that will clear the whole body of the cold; this is the emetic No. 1, and its attendant, (an injection) this will cure, in all curable cases. It must be repeated, until relief is obtained.

I have never found but one case, that re-

mained uncured, after giving medicine several times. This was a young man who had a violent cold on his lungs, by going into a fresh pond to swim and bathe himself. I attended him from eight to twelve times. He was much relieved, but not wholly cured. This is the only case in which this mode of treating the disease has failed. I have no doubt that he might have been wholly cured, had he been careful, and persevered in the same course of medicine.

The first person I ever attended with this complaint, was the wife of Lewis Studley, of Scituate, Mass. She had been considered in a decline, in addition to the asthma. In the spring of 1818, I attended her five or six times ; she was cured of the asthma and her other complaints, and has from that time enjoyed good health. She was attended through a regular course of medicine once in one, two or three weeks, as her situation required, taking between the times of being attended, powders, bitters, &c.

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#### BEARING DOWN.

This is caused by cold in the womb, and the parts connected with it ; by which the muscles or springs fail to support what they were originally designed to do. Sometimes this is a complaint of women, otherwise considerably healthy. In general it is peculiar to weakly women, as they are called. In such as are otherwise healthy, all needful to remove this difficulty is, to take the vegetable pow-

ders and elixir for some time, and while taking these, use injections two or three times in a week, made of hemlock-bark, or witch-hazel leaves, and a teaspoonful of cayenne, boiled together; adding, when blood warm, one teaspoonful of elixir, half a teaspoonful of green emetic, and half a teaspoonful of valerian, or nerve powder. Let the injection or clyster be given at night, in bed.

If this does not cure, it is because other parts of the body are so cold that the parts warmed by this application, are filled again from the cold in the system generally. When this is the case, the emetic must be given with the injection, until the obstructions are removed from the body; by this means the whole system will receive nourishment from food, and the parts weakened, will become strong, and thus remove the disorder. This method of curing a bearing down, I have pursued for several years, and have never known it to fail of affecting a cure, unless in cases where the sick are past curing by some other disease; such as consumption or dropsy in the last stages of the complaint.

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BITES AND STINGS OF INSECTS, AND VENOMOUS  
OR POISONOUS ANIMALS.

The stings of wasps, hornets, bees, &c. are generally cured easy, if attended to in season. I have always cured them by applying the vegetable elixir. This takes out the inflammation and removes the pain in a short time. In

some cases of a sting, people are sick at the stomach, so as to puke. When this is the case, the person ought, in addition to bathing the part with the *elixir*, to drink from a table spoonful to half a wine glass of the *same*; this will remove the sickness, and prevent any injury being done to the stomach.

The *bites* of poisonous or venomous animals; such as rattle snakes, scorpions, spiders, vipers, mad dogs, cats, &c. are generally attended with alarming and dangerous consequences, unless the poison or infection is removed from the body. All poison is cold, and when a person is bitten, the poison is carried from the bite, in the blood to the heart, and from the heart to every part of the body, and in this way the whole system is affected.

The certain and safe way of treating all these bites at first or at any time, is to give the emetic in the usual form; this will raise the heat to such a degree as to prevent any injury to the stomach, heart, bowels or limbs. By repeating this, the whole system may be cleared from the infection, and the health and life of the man preserved.

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#### BLOOD.—SPITTING OF. COUGHING. VOMITING, &c.

Much is said of bleeding at the lungs; I am not yet convinced that any such thing ever took place. The common cause of raising blood, by spitting, coughing or vomiting, is the canker, caused by cold. This sometimes eats off the blood vessels; sometimes the veins or arteries. When large veins or arteries are eaten off by canker, death generally is the

consequence. Spitting blood is not generally dangerous, unless in persons consumptive.—Vomiting blood is often the fore-runner of death.

The remedy in this case is a strong tea made of the bark of bayberry root or sumac berries with a teaspoonful of cayenne, to about one quart of water, and these well boiled together. This tea, and one teaspoonful of the leaf of the emetic, and one teaspoonful of the seed of the emetic No. 2, given three times according to the direction in other cases, with a clyster of the same, will not fail of effecting a cure, unless the person is too far gone to be restored.

In several cases of this kind, people have thought an emetic would increase the discharge of blood; but it has always checked it, and given relief. In November 1820, a young man by the name of Joseph Chandler, bled to such a degree, that his friends did not expect him to live till morning. The next week I gave him my *emetic*, which so relieved him, that in once attending him he was cured of that, and has not raised any blood from that time to the present, 1822.

In giving the emetic, it must be repeated; until the cause is removed. This is very different from the fashionable mode of stopping what is called bleeding at the lungs, which charge the following: "bleeding, laxatives, digital, bark, nitre, small doses of vitriolated iron, flamed, &c. "Blue vitriol, alcohol, compoextincture of Benjamin, vitriolated iron, &c.—

[Elliot's Pocket Book.] Blue vitriol is a preparation of copper, and a dead poison.

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### BILES.

Biles are caused by cold, which the heat of the body drives from different parts to one place. When a quantity of cold matter is collected, an inflammation appears, which is a war between the heat and cold ; the heat rising to throw from the body, what is thrown together in one or more places. This cold ought never to be scattered, as the heat has driven it to one point.

The first thing to be done is, to raise the heat in the body by giving the vegetable powders, this will ease the pain. Next make a poultice of pounded cracker, moistened with a strong tea made of hemlock bark, raspberry leaves, sumac berries, or pond-lilly roots ; adding to the poultice, about a table spoonful of ginger. When the poultice is dry, wet it with the tea. Make a new poultice twice a day ; this, with the powders taken, will help to bring the sore to an head. As soon as it is

<sup>n.</sup> if it does break, open it, that the corrupter may pass off. After this, apply the BLOOD-mentioned in this book, keep it suitably Muct, and a cure may be expected.

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blood,  
can't

### BREASTS INFLAMED.

This inflammation must be treated the same as biles, unless it is too stubborn to yield to

such a mode of treatment. In that case, the person must be carried through a regular course of medicine. This will either remove cold, or bring it to an head sooner by applying the poultice after the operation of the emetic is over.

If women, soon after their children are born, would be particular to take the *vegetable powders*, and *elixir*, night and morning, or only at night, they would seldom, if ever, be troubled with such inflammations, or with broken breasts, as they are termed.

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#### CANCER.

This is an affliction which many endure, with much alarm, as it is generally agreed that a *cancer* cannot be cured. From what several authors have written, it is evident that the nature of a cancer and the cure is but little understood by men called learned doctors. We will quote three. Elliot says, "that a cancer is a round unequal tumor, of a livid colour, surrounded with varicose vessels, and seated in the glandulus parts of the body.— Some cancers are fixed, others moveable ; some pale, others red and inflamed ; sometimes they remain harmless for years, at others they increase hastily, ulcerate, discharge a fetid sanious ichor, and soon prove mortal.

*Treatment.*—Bleeding, in a case of inflammation ; cooling laxatives ; salt water : extract of garden hemlock, magnesia, soap, or the like, in small doses as alterratives ; muriated barytes, the deadly night shade, and ar-

senic have also been found serviceable. Hemlock fermentations have been found beneficial."

Dr. Hooper gives the following. "CANCER. Carcinoma. A painful, hard, indolent tumour of a glandular part, which terminates in the foulest ulcer. Those tumours were so called by the ancients, that exhibited large blue veins, like crab's claws, from *cancer*, a crab."

*Mode of cure.* Excision. When that is not permitted, arsenic; a carrot poultice; cicuta, belladonna, or stramonium."

Dr. Bucan says, "This is one of those diseases for which no certain remedy is yet known."

Two things are evident from these quotations. One is, that these doctors knew how to describe a cancer. The other thing is, that they do not know what will cure.

These authors acknowledge that a cancer is an ulcer of the foulest kind, and direct poison to be administered, which never can cure.

The fact respecting a cancer is this, it is canker, making its appearance in one part of the body, shewing that the whole body is more or less affected with the same. Many appearances in the body are called cancers, which are only warts or things which never injure the system; and often men have the name of curing a cancer, when they have only removed something else. A real cancer may be taken out, but this can never cure the disease in the person, for it is in every part, more or less.

To cure a real cancer, whether the com-

mon kind, or what is called a rose cancer, the whole system must first be cleared of canker. When this is done, there is nothing left to support what is called the cancer.

My method of curing is, first to clear the system with the injection and emetic; giving powders, bitters, &c. to help the digestion, and to continue this course until the whole body is cleared of what makes and supports the cancer. While attending to this, apply the cancer plaster, which goes into the sore, and lessens it. The cancer eats the plaster, instead of being eaten out by the plaster.—When the plaster is all gone from the soft leather, or bladder on which it is spread, more must be put on, until a cure is performed.

I will here mention a cure of a rose cancer, which I attended in the winter of 1823. Mr. John Fawcett, had been troubled for several years, with a bad humor under his left jaw.—Several doctors had tried to cure it, but it increased. At length it broke out upon the edge of his under jaw, which greatly alarmed him. It had all the appearance of a rose cancer. He applied to me. I carried him through a regular course of medicine six times in about six weeks. While giving him these six emetics, four sores came out on the side of his neck, directly under the cancer. These soon healed up and were well.

The cancer was nearly as large as a cent, and about as round, and nearly the fourth of an inch thick. While attending him, I kept the cancer plaster on, after it had been poulticed a while. At the end of six weeks, the

cancer had diminished in size more than two thirds, and was very thin at the edge. -

After about six weeks from the time I began with him, he went into the country, and was gone four weeks. In all this time he wore the cancer plaster. When he returned, the cancer was all gone, and only a small scab was seen, which soon fell off, and he was wholly cleared from the difficulty, and so he remains. In this way all real cancers may be cured, if attended to in season, and treated as they ought to be.

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#### CANKER.

There is scarcely any disease so destructive to men as the *canker*. It is caused by wet, cold and heat. It even attacks impure gold and silver. James says, "Your gold and silver is *cankered*." Paul says, "Their woids will eat as doth a *canker*." Wherever the cold is seated, canker is its attendant; and eats the flesh upon the outside or within. It is seen on the lips, on the tongue; on different parts of the skin and flesh, where the cold is seated. It has a great variety of names, but is only one thing. It is often in the throat, stomach, bowels, &c. It causes bleeding at the stomach, from the blood vessels, veins and arteries. People frequently bleed and die, because the canker eats off the veins or arteries.

Sometimes it is called the bleeding piles; sometimes tumours, scrofula, king's evil, and

many other names ; but after all, it is a canker, or that which eats the flesh. Whenever a person has what is called a settled fever, the canker is in the stomach. In a pleurisy, people frequently bleed at the mouth, nose, &c. and frequently their mouths, tongues and lips will be sore, which is the *canker*. Sometimes it will be seen in the ears, sometimes in the eyes, and at other times it will appear in the skin, in various parts of the body, and often in almost every part of the man.

In the dysentery, the canker is in the bowels, and frequently causes what is called, "mortification in the bowels."

I have known the doctors to order salts for canker, which is bad; as it increases the difficulty. Canker is caused by cold, and every thing of a cold nature makes more. Mercury on the eyes, attracts the canker, and causes blindness ; and there is no doubt but this has often caused a mortification in the bowels, by increasing the canker there. Giving common physic, is very injurious where the canker has taken hold of the bowels.

Where there is not much canker, a strong tea made of red raspberry leaves, and drank freely is good. The leaves of witch-hazel, sumac berries, bark or leaves, or the root of pond lillies, made into a strong tea, is good in this case.

Where the canker is bad, and has a strong hold of the stomach, bowels, or any other part, the sure remedy is, to go through a regular course of medicine, and continue it until a cure is effected. This will in a few times,

clear the whole system of this dangerous disease.

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#### CATARRH.

This word means to flow down, or a fall of water. It is "an increased secretion of mucus, from the membranes of the nose, fauces, and bronchiæ, with fever, and attended with sneezing, cough, thirst, lassitude, and want of appetite." What is commonly called the *catarrh*, is nothing more or less than water in the head, which drops down instead of passing off in the natural way. When the man is well, the useless water passes off by *sensible* or *insensible* perspiration; and by urine, &c. If there is not heat enough to carry the water off through the pores of the head, it falls down. If there is not heat enough for this, the water stops, and then the person is said to have the dropsy in the head. This is the origin of the *catarrh*. I have attended many people, who, among other cold complaints, were troubled with the *catarrh*. When their other difficulties were removed, the *catarrh* has always gone with them.

Raising the heat through the whole body, either by *vegetable powders*, or emetic, if the powders are not powerful enough, will certainly cure the *catarrh*; as many can testify who have received the medicine recommended in this work.

## CHICKEN-POX.

The following are the usual symptoms of this disease ; "chillness, heat, and the usual precursory symptoms of fever; but milder than in the small pox. They rise like those of the small pox, but may be known from them by the matter being more like water than pus; by little vesicles or bladders filled with water, on the top of such pustules as are whole; and by turning about the fifth day."

The best thing to be done is to raise the inward heat by given a strong tea made of pennyroyal, mayweed, or yarrow. If this does not cure, give the vegetable powders, which will generally drive out the cold and canker. When all these fail, give the emetic and injection, which never fails to relieve, if applied in season.

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## CHILLBLAINS.

Chillblains mean an inflammation of the extreme parts of the body from cold, attended with violent itching, and sometimes forming a gangrenous ulcer. The feet are the most commonly affected with this difficulty. "Chillblains commonly attack children in cold weather. They are generally occasioned by the feet and hands being kept long wet or cold, and afterwards suddenly heated. When children are cold, instead of exercise to warm themselves gradually, they run to the fire.—This occasions a sudden rarefaction of humours, and infraction of the vessels; which

being often repeated, the vessels are at last over-distended, and forced to give way."

In common cases, bathing the hands and feet, morning and evening, with the "vegetable elixir," will cure in a short time. In some instances I have seen the feet so bad, that there was an appearance of mortification. In such a case, my mode of cure is, to clear the body by emetic, &c.; take out the inflammation with a poultice, and then apply the cancer plaster, or palm ointment, which seldom fails of effecting a cure.

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#### CHILDBIRTH.

This is a circumstance in the life of women, which requires particular attention. For several weeks before the birth of the child, the woman should be kept easy in body and mind. She should drink freely, several times in a day, a tea made of slippery elm bark, which will greatly ease the labor and pain at the birth of the child. She should also take the vegetable powders every night for two or three weeks before hand.

After the birth of the child, let the same powders be given, which will prevent after pains, fever, sore, or broken breasts. Be careful not to bleed before nor after, as it is an injury. Do not take salts, laudanum, nor paragoric, nor give any of these to the child. If the child is troubled with wind, or pain in the bowels, bathe with the vegetable elixir, which will remove the pain, and prevent their crying much for three months.

## CHOLERA MORBUS.

These two words describe a difficulty in the stomach and bowels at the same time. One signifies *bile* and the other *flux*. It is a purging and vomiting of bile, with anxiety, painful gripings, spasms of the abdominal muscles and those of the thighs. *Bucan* gives the following description of it, page 343. "The *cholera morbus*, is a violent purging and vomiting, attended with gripes, sickness, and a constant desire to go to stool. There is hardly any disease that kills more quickly than this, when proper means are not used in due time for removing it. It is generally preceded by heartburn, sour belchings, and flatulence, with pain of the stomach and intestines. To these succeed excessive vomiting and purging of green, yellow, or blackish coloured bile, with a distention of the stomach, and violent gripping pains.

Violent hiccupping, fainting and convulsions, are the signs of approaching death."

In this disease the first thing to be done is to give an injection, as directed in this work. As soon as this has done operating, give the emetic, as directed with the injection. This will generally relieve in a few hours. If once does not cure, apply the same again, in a day or two or sooner, if the disorder requires it. Between the times, give the bitters and powders, as directed; elm tea, and such food and drink as the person requires.

In the year 1817, this disorder prevailed in Charlestown to an alarming degree. I was sent for to attend a woman, who was violent-

ly seized with it. I went to her house at 7 o'clock, P. M. As soon as I could prepare my medicine, I gave it her as mentioned above. As soon as the emetic operated, the violent vomiting ceased. In a short time she became calm, and at 3 o'clock in the morning, was entirely relieved, and was no more troubled with it. Many others have been attended in the same way, and I have never known this course of medicine to fail of effecting a cure, if applied in season.

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#### COLD.

It is a very common thing for people to say they have a very bad *cold*, and indeed I never knew them to have a good one.

In the first stages of a common cold, warm the bed, drink freely of hot mayweed, or yarrow tea, if no other remedy can be obtained. My method of treating a common cold is this ; warm the bed at night, give a strong dose of the vegetable powders, with a teaspoonful of the elixir in the above tea, or penny-royal tea. This course will not only throw off a cold, but it often prevents a fever.

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#### COUGH.

This is a word much used by people in general. They have a *bad cough*, an hard dry cough, an hacking cough, a tedious cough, a wearing cough, whooping cough, consumptive

cough, nervous cough, stomach cough, lung cough, &c. &c.

After all this, is "*a cough*" a disease, or is it not? It is not. It shews disease, but is itself a friend to man. It is as essential to man, as a pump is to the vessel. The cough is frequently disordered, and cannot perform its natural operation. How many times do we hear people say, that after coughing, and thereby clearing the stomach, they feel better. The patent medicines for stopping a cough, are generally injurious; for when a cough is stopped, the sick man soon dies. A consumptive man will live while he can cough, but when he cannot raise up the cold and phlegm, he dies in a short time. In a cough, medicine ought to be given that will warm and clear the stomach of the cold and filth, and which will bring the whole system into harmony with the warm, clean state of the stomach.

My method in the first state of what is called a *cough* is, first to warm the stomach with vegetable powders and elixir, as directed to use them. Next give the "*cough powders.*" If this does not relieve, give them a regular course of medicine, (the injection and emetic) with powders, bitters, elm bark, &c. which will cure, unless the person is so far gone as to be past recovery.

In the whooping cough, the vegetable powders given every night, and the cough powders, a teaspoonful at night, and when the child has an hard time of coughing, will generally cure in a few days; if this does not

cure, giving the emetic a few a times will certainly relieve.

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### COLIC.

According to modern descriptions, there are the following kinds of colic. *Bilious, hyster-ic, inflammatory, nervous, stone, and wind colic.*

However many kinds of colic may be described, one course of medicine will cure the person, let him be troubled with either. All needful is to remove the obstructions from the part where the pain and distress is felt. The bilious colic is caused by an obstruction in the bile, or the outlet of the gall bladder. Give the injection and emetic, once or more, if the cause is not removed, and if attended to in season, a cure is certain.

I have attended people troubled with these various kinds of colic, as they are called, and one or two courses of medicjne has always given immediate relief. I was once violently attacked with the bilious colic, and going through the regular courses of medicine twice, entirely cured me, so that it has not in the least troubled me for ten years.

In common cases of *wind* or *hyster-ic* colic, a table spoonful of the "*vegetable elixir.*" taken clear, will generally remove the pain in a few minutes. Bathing the bowels at the same time with the elixir, will greatly assist in relieving, in addition to taking it inwardly. I have frequently relieved children by only bathin a the bowels with this medicine.

## CONSUMPTION.

This signifies a wasting or decay of the whole body, generally attended with a dry cough, quick pulse, night sweats, pain in the side, and sometimes a wasting without any fever, or other symptoms in consumptions.

Whatever may be considered the cause of this disease, a cold is always at the bottom of it. Most people with this complaint, date the beginning of the disorder from wet feet, damp beds, night air, wet clothes, or taking cold after being very warm. This is generally the first cause. The *second cause* is often that which is given to cure. Let a person with consumptive symptoms, take the things directed at this day for that complaint, and he will be about certain to have a settled consumption, and be pronounced past cure in a few weeks or months.

The following are some of the remedies for a consumption, as directed by some of the most learned Doctors. Bleeding, nitre, ipecacuanha, issues, seatons, a perpetual blister at the pit of the stomach, peruvian bark, opiates, administered at night to appease the cough, and procure rest. Some "have recommended burying the patient up to the chin in fresh dug earth, for some time." Elliot says, "for sweats, give the vitriolic acid; or let a calico waistcoat, steeped in a strong decoction of bark, well dried, and renewed daily, be worn next to the skin."

Such things as these, given to a person inclining to a consumption, would in a short time place him beyond a cure. The *balm of*

quito, has been recommended; but I do not think a worse thing was ever given in consumptive cases. But few can ever take more than from two to four bottles.

There is no disorder more easily cured than what is called "*the consumption*," if rightly attended to in season. When the stomach has by cold and filth, lost its action, there is no cure; as at that time, the flesh and blood is nearly gone; and the person must die.

I am more frequently called to attend consumptive people than any other, and seldom fail of curing them. My method is this; first, give them the "*vegetable powders*" for a few days. After this, give them the *injection* and *emetic*, as in other cases of cold, and foulness of the stomach. This should be done two or three times in a week, as their situation may require. Between the times of attending them, give the "*vegetable bitters*," about three times in a day, and the *powders* every night. Sometimes it is needful to give the cordial twice a day, a wine glass full at once: in this case omit the bitters so much as to take both three times in a day. While going through the regular courses of medicine, the best method is to let them eat such food as their appetite craves, and as much as they need.

In some cases, three, four, or five times are sufficient; one case in the year 1821, I attended a woman thirteen times in about four months; at which time the cause was removed.

Young females are more liable to consump-

tion, than any other class of people. By being careless of themselves when they ought to be uncommonly careful, they often lay a foundation for death. Wetting their feet, going too thin clothed, going from warm rooms, and warm exercise, often brings on this complaint. Having their clothes too tight, and preventing the natural circulation of the blood, is another bad thing. If they would, when thus exposed, take a dose of the *vegetable powders*, or a table spoonful of the *elixir*, or even a strong cup of pennyroyal, mayweed, or horehound tea, a consumption might often be prevented; and even avoiding minerals, might prevent it.

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#### CONVULSIONS.

These are involuntary contractions (or spasms) of the muscles, (or springs) and the consequent motions of the parts which they serve, such as the head, hands, feet, legs, &c. This generally arises from a disorder, or cramp in the stomach, which extends to every part of the body; depriving the person of sense, and causing all the motions of the body to be involuntary.

The certain cure for this is, to give about half a table spoonful of the vegetable emetic, No. 2.) In about fifteen minutes after, give a teaspoonful more, in half a teacup of pennyroyal tea. This will generally make them vomit, and give relief. After this, give them more of the same tea, or any other drink they choose.

When the jaws are locked, the emetic must be put between the teeth and cheeks, and crowded with the hand beyond the teeth; and as soon as it touches the roots of the tongue, the mouth will open.

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#### CRAMP.

This is a spasm of a muscle, or muscles; or a contraction, caused by cold in that part of the body. Cold in the stomach or limbs brings it on.

When in the stomach, half a wine glass of elixir swallowed, will generally relieve instantly. If this does not relieve, give half a table spoonful of emetic, No. 2, the same as for convulsions; this will relieve.

Cramp in the neck, hands, arms, feet and legs, may be at once removed, by bathing the parts affected with the elixir, sitting near the fire, or keeping warm in bed.

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#### DANCE, ST. VITUS.

This is a kind of epilepsy, or convulsion; a want of balance in the system. It is a convulsion of the legs, arms and head; inarticulate speech, and lolling out of the tongue; drawing one leg after, like an idiot; with a variety of odd and ridiculous gestures. It chiefly affects the youthful.

To cure this, the whole system must be cleared, as in other cases. This will restore

the system to a regular balance. The limbs should in addition to this, be bathed with the elixir, or pepper sauce, or cayenne pepper and vinegar.

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#### DEAFNESS.

A recent deafness, caused by cold, may be cured, by raising the heat in the body and head with an emetic, and injection; so as to remove the cold, which has caused the obstruction in the ear or ears.

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#### DIARRHÆ.

The meaning of this is, "a purging, without much sickness or pain; succeeded by loss of appetite; and sometimes nausea, fever, with weak pulse, dry skin, and thirst." This state of the bowels, is often a benefit; as it carries off what might otherwise be an injury. When this looseness of the bowels causes sickness, take half a wine glass of *elixir*, which will often entirely stop it. If this does not cure, take a teaspoonful of *vegetable powders* in hot water, as directed, adding one teaspoonful of *elixir*. If this does not relieve, give an injection, as directed in this book. If that fails, give the emetic No. 1, which is a sure and quick remedy in all such cases.

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#### DROPSY.

Dropsy, signifies a swelling of the whole body, or some part of it, occasioned by a col-

lection of watery humours. According to the common acceptation of the word, there are four kinds, or rather four parts affected with one disorder. A general dropsy, called *anasarca*, or a collection of water under the skin. The *ascites*, or collection of water in the bowels. The *hydrops pectoris*, or dropsy in the breast. The *hydrocephalus*, or dropsy in the head. The first, a general dropsy, begins with a swelling of the feet and ankles towards night, which for some time disappears in the morning. In the evening, the feet and legs, if pressed with the finger, will pit. This swelling gradually ascends, and occupies the trunk of the body; the arms and head. After this, follows difficulty of breathing, weakness, heaviness, a slow fever and troublesome cough, which if not cured, ends in death.

As dropsy means a collection of water, it can only be one thing; and one course of medicine will cure in all curable cases. What is called *general dropsy*, is the most easily cured. Dropsy in the chest, is difficult to cure; and in some cases, it is incurable, when it is caused by a leak in the system. Dropsy in the bowels and brain, is generally cured in a short time.

In all cases of dropsy, the first thing to be done is, to clear the stomach and bowels of cold and filth, and to open the pores. This must be done by a regular course of *clysters* and *emetic*; which must be given as often as the state of the disease requires; whether one, two, or three times in a week, or more; which in all curable cases, never fails.

I once attended a woman with the general dropsy, who was much swelled from her head to the feet, and was near a state of mortification. The first time I attended her with the emetic only. The second time, with that and the injection. Before the injection was given, she was in a convulsed state, and supposed to be dying. By giving the injection, the balance of the system was restored; but her voice was gone for several days, so that she could only wisper. I gave her the same course of medicine eight days successively. In four weeks she was well, and went home.

Another person had the dropsy in the bowels. She was attended three times with the regular course of medicine, and took several injections besides, which entirely cured her; and she now enjoys good health, and has had no appearance of the disorder for more than two years.

I attended the widow Bailey of Situate, who, in addition to the dropsy, had a slight shock of the palsy. She took the "*vegetable powders*" about four weeks, and with twice attending, was entirely cured of the dropsy and palsy.

A son of *Elisha Tucker*, of Boston, about seven years old, was much swelled in his bowels, and his flesh gone; and but little appetite. In the year 1821, I attended him with the vegetable emetic, injections, and steaming, which took down the swelling in a few weeks.

In all cases of dropsy, the person ought to take the powders every night, the bitters two

or three times in a day; and such food as the appetite craves, and as the stomach will digest; and drink that which is in harmony with the food and medicine.

Dropsy in the womb, as it is called, must be treated the same as in any other part of the body. There is one general cause of dropsy, and one general remedy.

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#### DYSENTERY, OR ELOODY FLUX.

This is "a discharge of mucus, blood, and purulent matter, by stool; violent gripings, pain in the loins, and anus, with fever." It is caused by cold and canker in the stomach and bowels. The word originally meant pain in the bowels. The best method of treating this disorder is, first to give the injection mentioned in this work; next the emetic, in a regular course. Afterwards, give the vegetable powders, night and morning; and the cordial two or three times in a day. This course of medicine must be followed until a cure is made. Injections ought always to be used, to prevent pain and mortification in the bowels.

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#### EPILEPSY.

This is what some term *falling sickness*.—The symptoms of epilepsy are—a "languid pulse, pale countenance; and afterward, great

pain in the head, with stupour and drowsiness sometimes precede a fit; though it often comes on without these previous symptoms. The patient falls down suddenly, gnashes his teeth, froths at the mouth, uses many disagreeable gesticulations and distortions; and sometimes discharges involuntary by stool and urine."—The cause of this disease is cold, and obstructions in different parts of the system, particularly in the muscles, or springs of the body. In this disease the system is out of balance, the same as in the lock-jaw. Remove the cold and restore the balance, so that every part may bear together, and the epilepsy is cured.

The same thing must be done as in all other obstructed cases. Begin by giving the vegetable powders for a few days, then give the vegetable emetic as here directed, with the injection; and after the operation is over, use Dr. Jenning's steam bath. Follow this course as often as is needful, until the whole body is cleared of the cause. In this disease, the person ought generally to be attended two or three times in a week, and sometimes every other day. I have attended several with this complaint, and never new this mode of treating it fail of effecting a cure, when properly attended to.

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#### FEVER.

There are at this time, according to the writings of the learned doctors, a great varie-

ty of fevers. The following are among the many :—Inflammatory fever—Intermittant fever—Miliary fever—Milk fever—Mixed fever—Puerperal fever—Putrid or Malignant fever—Scarlet fever—Slow or Nervous fever—Worm fever—Brain fever—Rheumatic fever—Hectic fever—Typhus fever—Yellow fever—cold fever, &c. &c.

After all said upon fevers, there is but one. *Fever* means heat, and in a sick man, it is a disturbed operation of the natural heat of the body. A sick man, who has an high fever, as it is called, has no more heat than a well man, if he has so much. The cold is in his stomach, which crouds the heat to the surface.—This is called a fever. When a person has taken a bad cold, he is said to be *feverish*; and the first thing generally done is, to give hot herb drink, to drive the cold from the body, that the heat may turn; which the doctors call the turn of the fever. If this does not answer, the doctor is sent for, to prevent a fever, or throw it off as they term it. The usual method is, first to bleed, then give the calomel and jalup. Taking away the blood lessens the heat, and the calomel increases the cold; and a settled fever follows. Then the fever must have its course, or the person must have a run of fever, as it is called.

Dr. Bucan says, that a *fever* is only an affort of nature to free herself from an offending cause. His words are the following:—page 158. “ As fever is only an affort of nature to free herself from an offending cause, it is the business of those who have the care

of the sick, to observe with diligence which way nature points, and to endeavour to assist her operations. Our bodies are so framed, as to have a constant tendency to expel or throw off whatever is injurious to health. This is generally done by urine, sweat, stool expetoration, vomit, or some other evacuation.

There is reason to believe, if the efforts of nature, at the beginning of a fever, were duly attended to and promoted, it would seldom continue long; but when her attempts are either neglected or counteracted, it is no wonder if the disease proves fatal. There are daily instances of persons who, after catching cold, have all the symptoms of a beginning fever; but by keeping warm, drinking diluting liquors, bathing their feet in warm water, &c. the symptoms in a few hours disappear, and the danger is prevented."

This quotation contains more truth respecting *fever*, than many volumes which have been written on the subject. We have now only to find what nature is, and how to assist it. Hippocrates says, "*Nature is heat.*" "*Natura  
duce*"—nature leads. How does it operate? To throw off the bad, and retain the good.—To bleed, blister, or give cold things, such as all minerals are, is to counteract and not to assist nature. Let whatever may be the name of the fever, the first thing to be done is, to increase the heat, and throw off what has caused the sickness or fever.

In the first of common fever, the *vegetable powders*, and *elixir* given a few times at night, and in the morning, and two or three times in

a day, will answer, without any thing else. If a person has been several days without any relief, the certain way to cure is, to give the vegetable emetic and injection, to clear the stomach and bowels. This will generally open the pores, by which the cause will be removed. I have in many instances, when the person was confined to his bed, by one course of medicine relieved him so as to be out in a few days.

When a person has been confined many days, been bled, blistered, taken physic, taken opium, calomel, nitre, &c. it takes much more medicine to cure, and a longer time.

It is common to take a week or more, to cure in such cases. The *typhus fever*, as it is called, commonly affects the head, as it is caused by cold, or an obstruction in the brain. It is a fashionable thing in such cases, to shave the head and blister it. This is a very dangerous practice, as it raises the heat upon the outside, drives the cold to the brain, and so far as I have been acquainted, generally brings on delirium and death.

What is called the *yellow fever*, generally prevails in hot weather; and the *spotted fever* in cold weather. In the summer, the heat upon the surface, is too great for the heat of the blood; which causes it to putrify. In the winter, the cold upon the surface, is too great for the heat of the blood, which is chilled, and becomes spotted; and people in this case have died in a short time after being taken sick.—The same cause will cure either. Raise the heat in the man above the heat on the outside,

and he may be cured. Raise the heat above the power of the cold, and the disease is removed.

We all know that an hearty well man who can endure much cold can endure much heat. The course to be taken in any kind of fever (according to the different names) ought to be pursued until the cold, filth, and obstructions in the body, are wholly removed; then the person is well. In fever, the bitters ought to be used; and such nourishment for food or drink as the appetite craves.

Steaming with Jennings' warm and hot bath, is of great use; when this cannot be obtained, they should be steamed with hot stones, when they are able to endure it.

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#### FEVER AND AGUE.

This disease is generally caused by effluvia from putrid stagnating water. This is evident from their abounding in rainy seasons, and being most frequent in low marshy countries as in Holland, the low fresh meadow lands in the middle and Southern States, and around the lakes in New-York.

I find that Dr. Bucan thought an emetic good in this disease. He says, (page 166)—“The first thing to be done in the cure, is to cleanse the stomach and bowels. This not only renders the application of other medicine more safe, but likewise more efficacious. In this disease, the stomach is gener-

ally loaded with cold viscid phlegm, and frequently great quantities of bile are discharged by vomit, which plainly points out the necessity of such evacuations. Vomits are therefore to be administered before the patient takes any other medicine."

The safe and certain way to cure this disease, is to give first an injection and then the emetic, the same as in any other case of cold and obstructions. Do this once in three or four days, until the cause is removed; giving between the times the powders, bitters, &c. I have several times removed the complaint by once attending the sick. Four or five times has always been sufficient.

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#### FLUOR ALBUS OR WHITES.

The following is its appearance: "a flux of thin matter from the vagina, of a transparent or white colour sometimes tinctured with yellow or green; sometimes it is sharp and corroding, with a fetid smell, especially when of long continuance." This disease is caused by cold, which produces weakness in the parts affected. Where this has not been of long standing, the *vegetable powders* and *elixir*, taken night and morning for some time, with a wine glass of the *vegetable bitters*, two or three times in a day, will generally cure in the course of two or three weeks. If the person has long been in this case, the only certain cure is, to go through a regular course of me-

dicine, two or three times in a week, until the cause is removed. They ought between the times, to take the powders and bitters, and eat such food as the appetite craves; avoiding hard labour, extremes in heat and cold, night air, damp clothes, and wet feet.

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#### GOUT.

The word *arthritis*, the gout, is from a Greek word, which signifies a *joint*; because in this disease, the joint or joints are affected. "It chiefly affects the membranes, tendons, and ligaments; the pain is like that of a dislocated bone, with a sensation as if warm water were poured on the part, succeeded by chillness, and slight fever; a breathing sweat comes at the end of the fit, and the part swells," &c.

The gout is caused by cold in the joints, and the parts affected. A cure must be performed by removing the cold from the whole system; the same as in the rheumatism. [See rheumatism.]

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#### HEADACH.

There are a variety of causes for the headach; but whatever obstructs the free circulation of blood through the vessels of the head, may cause the headach. In a common or slight headach, it may be cured in a few minutes, by wetting the top of the head with the *vegetable elixir*, and snuffing some of it up the

nose. When the headach is caused by a foul stomach, it must be cleared by taking the *vegetable emetic*, No. 1; which will thoroughly remove the cause, and then the effect must cease.

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#### HEART-BURN.

This is an immaginary disease; no such thing as the heart-burn, ever took place. This disagreeable sensation is always in the stomach. Should it be called the stomach-burn, it would be more proper, though less fashionable. Elliot says, "the common *heart-burn*, proceeding from acidity, irritating the upper orifice of the stomach, is removed for the time by magnesia," &c. Buchan says, (page 462) "what is commonly called the *heart-burn*, is not a disease of that organ, but an uneasy sensation of heat or acrimony about the pit of the stomach; which is sometimes attended with anxiety, nausea, and vomiting."

There are in the stomach of an healthy person, three things which make the soment, and which prepares the food for digestion—*heat, sour, and bitter*. When these three are in harmony, or in an equal balance, the stomach is easy; but when there is a lack of heat and bitter, the sour is the highest: this causes the burning in the stomach, or what is improperly called *heart-burn*. The certain cure for this complaint is, to cleanse the stomach, by the vegetable emetic, and afterwards take the bitters; which will bring the stomach to its natural tone, and will end the heart-burn, as it is very improperly called.

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If the complaint is not very bad, a little pearlash, dissolved in warm water and swallowed, will relieve. Sometimes eating peach-meats will relieve; but in the worst cases, the emetic is safe and sure.

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#### HICCOUGH OR HICCUP.

This "is a spasmodic, or convulsive affection of the stomach and midriff, arising from any cause that irritates their nervous fibres."

Sometimes holding the breath will stop it; holding the pulse will sometimes relieve, or giving a sudden shock. A swallow of the *elixir* is generally a certain cure. In giving a course of the *vegetable emetic*, it is a common thing to have the hiccup; but it never continues long.

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#### HYDROPHOBIA.

This long word simply means the fear or dread of water. By it is now meant canine madness. It is called hydrophobia, because people that are bitten by a mad dog, dread the sight or falling of water, when they are first seized with the madness. It is a kind of spasm.

The following description of a mad dog, and a person bitten, is from Elliot's medical pocket book, and is worthy of a place here.

"It is of more consequence here to describe the symptoms in the dog than those of

the patient. We may know the dog to be mad by his dull, heavy look; endeavouring to hide himself; seldom or never barking; being angry and snarling at strangers, but fawning on his owners; refusing all food, drooping, hanging down his ears and tail, and often lying down as if going to sleep. This is the first stage. He next begins to breathe quick and heavy, shoots out his tongue, flavers, and froths at the mouth; looks half asleep; flies suddenly at by-standers; and runs forward in a curve line. At length he knows not his owner, his eyes become thick and dim, and water runs from them; his tongue is of a red color; he grows weak and faint; often falls down, then rises, and attempts to fly at something; and grows mad and furious. The nearer to this state, the more dangerous the bite.

"If the state of the dog cannot be obtained, he may be known to have been mad, or the disorder may be known to be this by the following effects, which will come on sooner or later. The bitten part begins to be painful, wandering pains come on gradually, with heaviness and uneasiness; the patient has disturbed sleep, frightful dreams, startings, spasms, sighing, anxiety, and loves solitude; pains shoot from the bitten part up to the throat, with straitness, sensation of choaking, and horror or dread at the sight of water, or other liquids, which is a sufficient characteristic of the disease."

*Manner of cure.* The infection from a mad dog, is generally diffused through the whole system of one bitten. In its operation the

whole body is disordered, particularly the muscles. The sure remedy is, the *clyster* and *vegetable emetic*. If it is taken soon after being bitten, this medicine will drive all the infection from the body ; so that there will be no more trouble about it. This course must be followed, until the infection is all removed.

If a person bitten by a mad dog, feels any of the above mentioned symptoms, he should take the *emetic* immediately, and continue taking it, one, two, three, or four times in a week, until he is wholly relieved.

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#### HYSTERIA OR HYSTERICS.

*Hysteria* or *Hysterics*, is from a Greek word which signifies the womb. It is an inflammation of the womb, or a kind of spasm, originating from that inflammation. It is not common for one to be without the other. It is known by a grumbling noise in the bowels.—It seems to the person affected, that a ball is ascending to the throat, with a sense of suffocation, &c. This is a real disorder, which in general is not much understood.

When there is but little inflammation in the part affected, the *vegetable powders* and *elixir*, with a teaspoonful of American valerian, taken every night, with a *clyster* made of mother wort, and a teaspoonful of cayenne boiled with it ; and given at night—a few times will cure ; but if the disorder is very bad, causing

fits, cramps, convulsions, &c. a regular course of *injections* and *emetic* must be taken and followed until the cause is wholly removed.—From one to five times is generally enough to make a certain cure.

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#### JAUNDICE.

The true meaning of jaundice, is an obstruction of the bile, or what is contained in the gall bladder. The simple account of the jaundice is this. The gall bladder grows on the under side of the liver, which lies on the stomach. By reason of a foul and cold stomach, the liver becomes cold, and the neck of the gall bladder also. This cold swells the neck of the gall bladder, and prevents the gall from passing off into the bowels. As it cannot pass off freely, it flows back, and appears first in the white of the eyes, then in the face; and often over the whole body.—This bile goes with the blood, and is carried through the whole system. In its worst state, it is called the black jaundice; which ends in mortification and death.

The manner of curing this complaint is, to remove the cause, which is to clear the stomach of the cold and filth; remove the obstruction from the gall bladder, clear the whole system, and take off the yellow from the skin. When this is done, the jaundice is cured.—When there is but little cold and foulness in the stomach, and the obstruction small, taking the *vegetable powders*, night and morning, and

the vegetable bitters, three or four times in a day, will generally cure.

When the obstruction is great, the only sure way of relief is, to take the *vegetable emetic*, No. 1; and the *injection* once in two, three, or four days, until the cause is removed; taking between the times, the powders at night, and the bitters, two, or three times in a day; and eating such food as the stomach will digest.

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#### ITCH.

This is an uncomfortable, dishonourable attendant of many high spirited people; though not generally dangerous, unless rendered so by neglect, or improper treatment. Many have been ruined by applying minerals to the surface. Dr. Buchan gives the following description of mercurial preparations. Page 448. "Much mischief is likewise done by the use of *mercury* in this disease. Some persons are so fool hardy as to wash the parts affected with a strong solution of the *corrosive sublimate*. Others use the *mercurial ointment*, without taking the least care either to avoid cold, keep the body open, or observe a proper regimen." It is not to be told what mischief is done by using *mercurial ointment* for curing the itch. "People ought to be extremely cautious, lest they take other eruptions for <sup>w<sup>th</sup> own</sup> itch. Many of the irruptive disorders to <sup>w<sup>th</sup> own</sup> children are liable, have a near resemblance, put to this disease. I have often known inf<sup>ant</sup> press it led by being rubbed with greasy oint touches

that made these eruptions strike suddenly in, which nature had thrown out to preserve the patient's life, or prevent some other malady."

The only certain and safe remedy I have found, is the following :—take the *vegetable powders*, as directed every night and morning, and use the "*itch ointment*" mentioned in this work. Bathe the parts affected, night and morning by the fire, or in bed. Continue this application, until a cure is performed; which is commonly within one week. There is no need of changing the clothes. The *ointment* which cures the itch, will cleanse the clothes; and there is no bad smell, nor danger of taking cold, as they keep up the inward heat, while the ointment kills what the powders drive to the surface of the body.—This is equally safe for young or old, the weak or the strong. If young children cannot take the powders, give them the tea poured off from the powders.

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#### LIVER INFLAMED.

Much is said at this time of the *liver constraint*; and I believe but little understood.—an inflammation of the liver, kidneys, throat, stomach, bowels, limbs, &c. is always caused by cold. Remove this, and an inflammation is at an end.

When the liver is inflamed, raise the heat of the stomach, which is a near neighbor to the *vegeta*. The emetic will do this, and take

the cold from the liver; and then all will be well.

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#### LOCK-JAW.

This is what is called *spasm*: Elliot gives the following description of it. "A rigid contraction of the muscles, which raise the lower jaw, whence the jaws continue violently closed with great pain." Hooper says,—"*Locked jaw*, or *trismus*, a species of *tetanus*." In describing *tetanus*, he says,—"*Tetanus*, (from a Greek word) which signifies to *stretch*, spasm with rigidity. A genus of disease in the class *neuroses*, and order *spasmi* of Cullen; characterised by a spasmodic rigidity of almost the whole body."

Elliot's description is correct:—*a rigid contraction of the muscles, which raise the lower jaw.*" It is simply a want of balance in the whole system.

Whatever will relax the system, and bring all the muscles to regular balance, is the cure for this alarming disease. In slight cases of the *locked jaw*, the "*vegetable elixir*," swallowed, and rubbed on the parts affected, will remove the spasm. In violent cases, the vegetable emetic, No. 2, must be given in the following manner:—Take about half a table spoonful of the emetic, No. 2; fill the spoon full with the vegetable elixir, and put it down, if it can be put through the teeth; if not, put it between the cheek and gum, and press it back of all the teeth. Soon after it touches

the roots of the tongue, the mouth will open without any force. In from twenty to thirty minutes, give as much more. This will generally slack the whole system, and the person will appear as though his strength was all gone. In the course of half an hour, give a teaspoonful of the *vegetable powders*, in a tea cup full of pennyroyal tea. All this will cause the person to vomit, which will relieve. Give such drink as the person calls for, whether herb drink, cider, or gruel.

Should the spasm return, follow the same course until the cause is wholly removed; which in this mode of proceeding, will certainly do. I have had several cases of this kind, and have always cured them in this way.—There is no risk in this medicine; and it is certain to relieve.

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#### MEASELS.

The original word is *rubeola* from *rubio*, to become red. Elliot gives this account of the measles:—“*Symptoms*,—chilliness, shivering, pain in the head, fever, sickness, and sometimes vomiting; cough, heaviness of the eyes; with swelling, inflammation, and discharge of watery humour from them; and also from the nostrils. The third or fourth day, an irruption like flea-bites, appears in the face, neck, and breast; and soon after in the body and limbs; it rises above the skin, but does not suppurate. The fever and other symptoms

do not, as in the *small pox*, &c. abate on the appearance of the eruption, which continues about three days, then dies away, the skin pealing off; but the other symptoms remain, and even increase, especially the cough, which is also attended in general with difficulty of breathing, and oppression at the breast."

This is a correct description of the measles; and it is evident from this description, that they are caused by cold, and must be cured by its opposite, heat.

In common cases of measles, a strong tea of saffron, snake root, mayweed, yarrow, or pennyroyal is sufficient; in addition to keeping the children comfortably warm, by staying in the house, &c.

In worse cases, a tea made of the vegetable powders will cure, by raising the inward heat, and driving the cold to the surface. In the worst cases, the vegetable emetic, No. 3, must be given, in a tea made of hemlock bark, red raspberry leaves, sumac berries, or hazle leaves. Either of them will answer. An injection of the tea should be given at the same time.

In the year 1821, the measles raged in Boston generally, and it was said not far from five hundred children died. One doctor gave one child two table spoonsful of strong tobacco tea, and another four or five. Both children died in a short time. I attended two or three children in the same family in the way mentioned here; and they all recovered. My own child, four years old, was violently seized, having all the symptoms of the worst kind. I gave her

the injection and emetic, which relieved her in a few days. In a short time after being cured of the measles, she became very deaf, so as scarcely to hear at all. I gave her the same course of emetic again, which took away the remaining cold, which had caused the measles, and deafness. She now enjoys good health, and has no deafness at all. I attended several children, and all recovered, excepting the one who had taken *four or five* table spoonsful of tobacco tea. I doubt whether there is a well child in Boston, that could live after taking so much tobacco tea. But the doctor ordered it, and they never have the name of killing children. The Lord takes them away; and it is said he has a right to his own,—even if he takes them with *tobacco tea*.

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#### MENSES, OBSTRUCTED, &c.

This word is from *cata menia*; and this from two Greek words, which signify “according to the month.” It is what takes place in all healthy females from the age of fourteen years to fifty. Females from infancy to fourteen years, generally differ but little from males as to health; and females from fifty and onward, are generally as healthy as men, and can often endure more hard labor.

In this operation of nature, there is something wonderful. It is caused by a redundancy of blood, which in healthy women, passes off regularly. In a state of pregnancy, it nourishes the child. After the birth, it turns to

milk, and supports the child from the breast ; when the child is weaned, it again passes off in the natural way. At the age of forty-five or fifty, as the person loses heat by age, this redundancy of blood fails, and the female generally enjoys good health without it ; which cannot be from fourteen to fifty.

In the first stages of this, mothers ought to be careful of their daughters, that they do not take cold, which often lays a foundation for them to be unwell through life.

In common obstructions of this kind, a strong tea of mother-wort, or thorough-wort, will relieve. If this fails, the *vegetable powders* must be taken, as directed in other cases. When these fail, the *injection* and *emetic* must be given, the same as in other obstructed cases. It must be continued until the cause is wholly removed. Often times the bowels will be much swelled ; this course will remove swelling and all other attendant difficulties. Sometimes there is not a stoppage, but it is irregular, too often, or not often enough ; too much or not enough. The *emetic*, &c. with the *vegetable bitters*, will, if attended to thoroughly, and in season, bring every part as it ought to be.

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#### NIPPLES SORE.

Make a strong tea of the bark of the root of bayberry, and wash them with it several times in a day.

## PALPITATION OF THE HEART.

Dr. Hooper gives the following description of this disease. "PALPITATIO. Palpitation of the heart, which is either constant or frequently returning. A genus of disease in the class *neuroses*, (nervous disease) and order *spasmi* of Cullen. In plethoric habits, repeated venesection; for bleeding in debilitated, cinchona and iron; in bilious ones, lemon juice. Musk, volatile alkali, assafœtida; blisters." Dr. Elliot, without explaining the nature of the disease, gives the following direction for a cure. "In proper constitutions, bleed repeatedly; but where the disorder proceeds from relaxation, the bark and corroberants. Nervous medicines, musk, volatile, salts, &c. are good; as are also blisters. In bilious habits, it is frequently removed by pure lemon juice."

From all this, who knows what is meant by the *palpitation of the heart*? It is a nervous complaint, and of the order *spasmi*, a kind of spasm. There is some cause for this disorder. When a person runs, is affrighted, asleep, or awake, he has a *palpitation* of the heart. If an increased circulation of the blood brings on a temporary *palpitation*; whatever lessens the passage of the blood, must cause the same. A cold in the nose, swells, and lessens the passage of the air. A cold in the veins, arteries, &c. lessens the passage of the blood through the heart; of course the blood, by being partially obstructed, presses the harder; this causes the *palpitation*, or beating. Place a large stone in a small smooth stream, and it

will cause a palpitation of the water; remove the stone, and the palpitation is done. So in the man; remove the cold, and the palpitation is cured. To do this, clear the whole man from *obstructions*, and this difficulty is cured. A regular course of *clysters*, *emetic*, &c. as in other obstructed cases, will cure, unless the person is too far gone. In a great many cases, I have found this method a certain cure for this disease. The powders, bitters, &c. should be given between the times of giving the *emetic*; the same as in other obstructed cases.

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#### PALSY, OR PARALYSIS.

This is "a loss or diminution of the motion or feeling, or both, of some part or parts of the body." The word *palsy* or *hemiplegia*, or *palsy* on one side, is from two Greek words, which mean *half* and *to strike*, because it takes one side; and therefore the common saying, "the person is struck with the palsy." The word *paralysis*, is from a Greek word, which means "*to loose*;" as it is "a loss of the power of voluntary motion, affecting certain parts."

There are two kinds of palsy. One affects the nerves, the other the muscles. The first is commonly called the numb palsy,—the other, the shaking palsy. The first is caused by an obstruction in the nervous system; and the other by an obstruction in the muscles, which takes away the natural balance.

*Bushan* says.—"The immediate cause of

palsy, is any thing that prevents the regular exertion of the nervous power upon any particular muscle or part of the body. The palsy may likewise proceed from wounds themselves; from the poisonous fumes of metals or minerals, as mercury, lead, arsenic."

The cure of the palsy must be by that which will remove the cause, restore the nervous system, and bring the muscles to their natural action, or tone. There are cases of palsy, of both kinds, which are incurable; particularly when it attacks old people, and such as have taken mercury, lead, and arsenic, for medicine.

I have attended several within a few years, and cured them entirely. My method is, first to give them the vegetable powders for a few days; then give them the emetic, and its attendant, once in three, four or five days. To steam them, and frequently bathe the parts affected with pepper sauce, or cayenne and vinegar. This course will cure, unless in desperate cases.

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#### PHRENSY, OR INFLAMMATION OF THE BRAIN.

This is caused by too much water and cold in the brain, which obstructs, or prevents the natural action of that part. To cure this, raise the heat by the vegetable emetic, &c. the same as in any other obstruction: this will throw off the water and cold, restore the balance and bring the brains to the natural state: and all will be well.

## PILES.

Dr. Hooper says, the word *piles* is from a Greek word, which means “*flux of blood*.”—“They are known by a discharge of blood with the faeces, attended with pain in the rectum, loins, and head; and by the presence of enlarged veins, which are the *piles*.” Dr. Elliot says, “*piles*” are “painful tumours in the *anus and rectum*.” Dr. Buchan says, “a discharge of blood from the hæmorrhoidal vessels, is called the *bleeding piles*. When the vessels only swell, and discharge no blood, but are exceeding painful, the disease is called the *blind piles*.”

The amount of all this is, there are two difficulties in, or near the same part; which are called by the same name. One is known by the pain it causes, and the other by a discharge of blood, &c.

What Buchan calls blind piles, is a distressing complaint; as the rectum is filled with tumours, or hard bunches, the same as tumours in the throat. The first is in the inlet of the stomach, the other at the outlet of the bowels.

The bleeding and blind piles are both caused by cold and canker. The piles are by the doctors considered incurable; that is, they do not know how to cure them. In some cases, they have given what they call medicine, until the passage was wholly obstructed; and they made an artificial passage, which answered but a short time. The man died.

In Dec. 1820, a man in Boston, by the name of *William Greene*, was sorely afflicted with

the blind piles, which had troubled him in the winter for twelve or thirteen years. He had applied to several doctors, but obtained no cure. In this last attack, his doctor, after attending him a while, told him there was no cure for him. On a certain day, being greatly distressed, he sent for me. He was in the most painful state I ever saw one with that disorder. I told him my manner of treating that disease, and that I believed he might be cured. He went immediately to bed, and I gave him the injection and vegetable emetic, in the usual way. Between the times of attending him with the emetic, I gave him several injections, prepared without the emetic in them. I gave him the emetic three times in the course of a few weeks, and the injections seven or eight times, with the powders at night, and the bitters three times in a day. This course wholly cured him; and at this time, (1826) he is entirely free from the piles; and says he has not enjoyed so good health for thirteen or fourteen years, as he now enjoys.

In cases of bleeding piles, when there is a soreness of the skin, it should be frequently washed with strong tea, made of hemlock bark; the bark of the root of bayberry, or sumac leaves, or berries, or the roots of pond lillies.

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#### PIMPLES.

Wash them with a tea made of bayberry root, or sumac berries, or the vegetable elixir. If they are not very bad, this will cure. Where

they proceed from cold and canker in the body, the only certain cure is, to clear the whole system with an emetic, &c. this will remove the cause, and often prevent something worse than pimples.

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#### PLEURISY.

This means an inflammation of the *plurea*. "The term *pleurisy*, is an inflammation of that membrane called the *plurea*, which lines the inside of the breast. It is commonly called pleurisy fever; and begins with shivering, cold, &c. It is attended with pain in the side, raising blood, &c. It ought to be treated the same as a fever of any other name. [See fever.]

It is common to bleed in the pleurisy, but this is wrong: this relieves the pain without removing the cause. Raise the heat and throw off the cold and filth with the emetic; then the cause will be removed, and the pain will not return.

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#### POISON.

Poison is but one thing; though it may be done by animals, vegetables, or minerals.—Poison is "any substance which proves destructive to the life of animals, in a small quantity; either taken by the mouth, mixed with the blood, or applied to the nerve." Mineral poison, is mercury, corrosive sublimate of

mercury, arsenic, antimony, nitre, or salt petre; vitriol, &c. Vegetable poison, is poppy, or opium, garden hemlock, henbane, berries of deadly nightshade, &c. Animal poison, is the bite or sting, which conveys the poison through a wound.

The certain cure for poison is the vegetable emetic No. 2, when the poison is taken into the stomach. If it is taken in through the pores, by poisonous ointments, or by the bite of an animal, or sting of an insect, the whole system must be cleansed, the same as in the hydrophobia.

I was once called to a young man who had swallowed an ounce of laudanum, with the design of killing himself. Soon after he took it, he fell, and remained senseless. By administering the emetic, which was crowded to the back part of his teeth; which reached the roots of his tongue, his mouth was opened.— More was given afterwards; and in the course of one hour, the laudanum was all taken away, and he was no more troubled with it. Nitre, or salt petre is the worst of all mineral poison; as it is the most difficult to remove, being so uncommonly cold and dead.

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#### CHICKEN POX, OR SWINE POX.

The symptoms of this are, "chillness, heat, and the usual precursory symptoms of fever; but milder than in the small pox. The eruptions appear about the third day. They rise

like those of the small pox, but may be known from them by the matter being more like water than pus; by little vesicles or bladders, filled with water on the top of such pustules as are whole; and by their turning about the fifth day; which the others do not till at least the seventh. The swine pox is only a larger kind of chicken pox."

This should be treated the same as the measles. [See measles.]

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#### QUINSY,

This is an inflammation of the throat, caused by cold. It is attended "with pain, great heat, tumours, redness, difficulty in swallowing and breathing, and fever; the countenance sometimes relaxed and inflamed; the face red."—The quinsy, croup, and mumps, differ but little from each other, excepting in the name; what will cure one, will cure the others. It is simply a cold and swelling in the parts of the neck; and must be removed by the opposite of cold—heat.

In common cases of the quinsy, croup, &c. the first thing to be done is, to raise the heat, by giving warm teas, such as pennyroyal, peppermint, &c. It is also good to wet flannel in vinegar, with cayenne, or pepper sauce, and put it around the neck.

If this does not answer, the emetic No. 3, must be given for children; and the injection to raise the heat, and take away the inflamma-

tion from the throat. Cayenne tea must be given to moisten the throat, and take away the canker. In violent cases, children should be steamed, which will increase the heat and overcome the disease. In the year 1818, my youngest child, four months old, was violently seized with the quinsy, so that no one expected her life; and we even laid her down to die. The method pursued then, as the last thing was, to put a feather down her throat, wet with canker tea, to remove the canker. Next a strong tea of cayenne was made and poured down her throat, a table spoonful at a time. Next we gave her the emetic, and steamed her, which overcame the disorder; and in one week from that time, though only four months old, we carried her almost forty miles in one day. She has never since been troubled with it, and now enjoys good health.

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#### RHEUMATISM.

The doctors tell us of acute *rheumatism*, chronic *rheumatism*, inflammatory *rheumatism*, and *rheumatic fever*; *rheumatism in the head, breast, stomach, bowels, &c. &c.* The greater part of what they say, and do, proves that they are almost entirely ignorant of the nature of it, or at least of the medicine that will cure.

The word *rheumatism* is so called, from its being formerly used in the same sense as *rheuma*, to flow. The discharge from the nostrils or lungs arising from cold. "In the pre-

sent day, the meaning of the word is applied to a genus of disease in the class *pyrexiae*; and order *phlegmasiae*, of Cullen; characterised by *pyrexia*; pain in the joints, and heat on the part," &c.

After all said upon the different kinds of rheumatism, it is a cold in the joints, muscles, and different parts of the system.

The certain cure for the rheumatism is the following:—In cases where it chiefly affects the back, or some of the limbs, taking the vegetable powders; bathing the pained part with the elixir, and using Dr. Jennings' hot bath, will generally relieve in a few days.—When the stomach is foul, the joints stiff, the cords tightened, and the muscles have lost their action, the only remedy is to give the injection and emetic first. As soon as they have done operating, use Jennings' hot bath. Afterwards anoint the stiffened parts with the vegetable ointment; and in the morning, bathe all the affected parts with pepper sauce, or cayenne and vinegar. Pursue this course one, two, or three times in a week, until the cause is wholly removed, and the person will be well.

In the year 1822, I had more cases of rheumatism, than in three years before. Almost every one I attended are now well, and able to attend to their business; and were cured according to the above directions.

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#### RICKETS.

The word rickets, is from a Greek word, which signifies the "back bone." To us, it

would sound very uncouth, to say the child has the *back bone* as very few are without one. It is likely the ancients meant a disease which affected the back bone, causing it to grow out of its natural shape.

The symptoms of rickets are the following. "the head is large; the fontanelles keep longer open; the face full and florid; the teeth produced with difficulty, dark, irregular, and apt to decay; the joints knotty, and the bones protuberant, causing incurvation and distortion; the ribs protuberate, and become crooked; the belly swells; cough and pulmonary disorders succeed. The disease usually appears about the eighth month, and continues till the sixth year: the child moves weakly, and waddles; the understanding is very clear."

The real cause of this disorder, is an obstruction below the arms, by which the nourishment of the food is prevented from being distributed through the whole body. By this means, the chest and head get more than belongs to them; and the other parts not so much. This causes such an uncommon shape, and is the reason of the large head, and small legs, arms, &c. of the child.

The cure in this case is, to remove the obstructions, that every part of the body may receive its part of the food, and grow all in harmony. The vegetable emetic, &c. given in season, will remove the obstructions, and restore the natural balance of the system.— Parents ought to be careful to attend to this disease in the first stages of it; as it will not only prevent deformity, but even death in the

family. Children ought not to be kept too still when young, nor suffered to go long wet, which often brings on the rickets.

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RING WORMS.—See *Tetters.*

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SCALDS OR BURNS.

In the first instance of a scald or burn, before it is blistered, wet a cloth with cold water, and wrap it around; if it is on the arm or feet, let the cloth that is on, (if there is any) or the stocking remain, and wet them; adding a wet cloth over them. Whenever the smart is felt, wet it again; and continue to wet it when it smarts, until it is easy. In the time of wetting it, take a dose of the vegetable powders, to keep up the inward heat.

When there is a blister, or it has broken; or when the scald or burn is large, a poultice must be made of pounded cracker, and wet with a tea made of red raspberry leaves, and put on. When the poultice becomes dry, wet it with the tea. Change the poultice once in twenty-four hours; continue it, until it discharges; then apply the salve, until it is cured. Where there is an appearance of a fever, the emetic must be given; this will keep up the inward heat, prevent severe pain, and a fever, and cause a discharge, which will remove the canker, and prepare the sore for healing.

## SCROPHOLA, OR KING'S EVIL.

The word “*scrophola struma*, the king's evil, is from *scrophula*, a *swine*, because this animal is said to be subject to a similar disorder. It is known by swelled lymphatic glands; thick upper lip; obstinate ulcers; redness of the margin of the tarsus; indolent tumours on the joints; fair complexion; and an irritable habit.”

The first appearance of this difficulty is commonly about the neck, under the chin, or behind the ears. Small knots or bunches are seen, which gradually increase in number and size, until they form one large hard tumour. This often continues for a long time without breaking; and when it does break, it only discharges a thin watery humour.” Sometimes the scrophula attacks the arm pits, groins, feet, hands, eyes, and breast. Sometimes the lungs, liver, and spleen, or melt. In whatever form it appears, it is nothing more nor less than canker; caused by an obstruction in the glands.

The only sure and speedy cure of this is, to clear the whole system by a regular course of medicine, as in other obstructed cases.—When the sores or bunches discharge, they should be washed in a tea made of hemlock bark, raspberry leaves, or pond lilly roots. If they are much swelled and painful, a poultice of pounded cracker should be made, and moistened with a strong tea made of raspberry leaves. When the sore is cleared of canker, apply salve until it is healed.

## SCURVY.

Dr. Elliot gives the following as the symptoms of the scurvy :—“ Heaviness, lassitude, low spirits, offensive breath, tender gums, sal-low bloated countenance, hemorrhages from the nose and mouth ; difficult breathing, swelling of the legs ; yellow, purple, or livid spots on the skin ; tumours in the limbs, contraction of the tendons of the hams,” &c.

The cause is cold and obstructions. A regular course of emetic, &c. as in all other obstructed cases, is a certain cure, unless the person is so far gone, as to be past all cure.

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## SMALL POX.

The symptoms of this disease are almost the same as in the measles, and the same process will cure. The reason people die with this disease is, the heat is not high enough within to drive the cold and canker from the system. Raise the heat with the vegetable emetic, &c. and throw the cold to the surface, and the disease will certainly be removed.—When the blood is taken, the heat is lessened ; and when the mercury is given, the cold is increased. It is not strange that people die with such treatment ; the greatest wonder is that all do not die who are used in such a manner !

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## STONE OR GRAVEL.

“ When small stones are lodged in the kidneys, or discharged along with the urine, the

person is said to be afflicted with the gravel. If one of these stones happen to make a lodgment in the bladder for some time, it accumulates fresh matter, and at length becomes too large to pass off with urine. In this case the person is said to have the gravel."—*Buchan.*

The direct cause of the gravel is cold; which may be seen in the water. This cold is in the kidneys. When the water is thick, something to remove the cold should be taken. In the first stages of the gravel, the vegetable powders, taken night and morning, and an injection, made of hemlock bark and cayenne boiled together, and given two or three times in a week will cure. If this does not cure, a regular course must be attended to with the emetic, &c. which will dissolve the stone, remove the cause, and bring the whole system regular.

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#### STRAINS.

In the first stages, bathe with the elixir, and take the powders. If the part is inflamed, wet a cloth in cold water, and keep it on till the inflammation is done: then apply the poultice, mentioned in this work. If the part is stiffened, bathe it with the vegetable ointment, in addition to the other things mentioned.

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#### STRANGUARY.

This means simply a difficulty in discharging water, attended with heat or scalding.—

It is caused by a cold in the neck of the water bladder, which takes away the action of the muscles in that part, and swells the passage. In common cases, an injection, the same as in the gravel, [see stone and gravel] will relieve in a short time: taking the powders at the same time, night and morning. When this will not cure, give the injection and emetic, which I have never known to fail of effecting a cure.

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#### TETTERS.

Tetters, pimples, ringworms, shingles, &c. all proceed from one cause. When they make but a small appearance, the vegetable elixir rubbed on, and the powders taken for a few days, will cure. If they are stubborn, the person must go through a regular course of medicines, which will remove the cause, then the effect will cease.

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#### TOOTH-ACHE.

In common cases, hold the elixir in the mouth to take out the cold. If the cold in the jaw is the cause of the pain, treat it as the ague in the face. If this does not cure, pull them out.

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#### VOMITING.

It is not an uncommon thing for people to be taken with an involuntary vomiting. Some-

times it is owing to a foul stomach ; sometimes from food which does not digest ; and sometimes from taking poison. People have sometimes taken tartar emetic, and Indian root, antimony, or a wine emetic, which has caused a vomiting not easily stopped.

Whatever may be the cause of such a kind of vomiting, the vegetable emetic, No. 1, taken, will remove the cause, and prevent the operation. This is a safe and certain remedy in all cases of the kind in the young or old, male and female, in all conditions they may be in.

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#### WARTS.

These are caused by leaks in the muscles, when the hands are strained, particularly in young people. To cure these, bathe the hands several times in a day, with the vegetable elixir, until they are gone. The elixir will stop the leaks, and the warts will die for want of support from the hand.

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#### WORMS.

Worms are considered a kind of disease ; but they are essential to our existence, and we cannot live without them. The cause of what is called worms, is foulness of the stomach and bowels. This sickens the worms, and they are disturbed ; and in indeavouring to get from the filth, get into knots in the

throat, and often choak the person, and they die ; or they pass off the other way. The safe and sure remedy in this complaint is, to cleanse the stomach and bowels with the injection and emetic. I have never known this to fail of effecting a cure, if applied in season.

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#### TAPE WORM.

This is so called from the flat appearance of a discharge like tape, which is considered a worm. This is caused by cold and filth in the bowels. The same course as for worms should be pursued, which will certainly cure if continued. One man I attended only once, and he was cured. Another I gave the injection and emetic, six times before he was cured. This course will remove the cause, and restore the person to a natural state, and is done with entire safety.

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#### LIST OF DISEASES.

DISEASES, which all proceed from one general cause, and may be cured with one process ; that is by giving the *injection* and *emetic* described in this Book. If any one is at a loss what to do in the following cases, give the sick this *emetic*, at suitable intervals, until a cure is performed. This may be done with perfect safety.

Apoplexy—Epilepsy—Palsy—Vertigo—  
Headach—Catarrh—Asthma—Cough—Con-

sumption—Palpitation of the Heart—Fevers—  
Small Pox—Chicken Pox—Measles—Surfeits  
—Plague—Involuntary Vomiting—Inflammation  
of the Stomach—Colera Morbus—Bite of  
a Mad Dog—Yellow Jaundice; or Diseases of  
the Liver—Gravel—Stranguary—Diabetas—  
Inflammation of the Reins and Bladder—Drop-  
sy—Ruptures—Veneral Disease—Scurvy.—  
Obstructed Perspiration—Leprosy—Shin-  
gles—Bleeding at the nose—Vomiting Blood  
—Bloody Urine—Gout—Rheumatism—  
Obstruction and Suppression of the Menses—  
Hysteric Fits—Chlososis; or Green Sickness—  
Fluor Albus—Relaxation of the Ligaments of  
the Uterus—Sterility—Bearing Down of the  
Matrix—Flooding—Abortions—Convulsions—  
After Pains.

## PART IV.

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### VARIOUS KINDS OF POISON USED BY MEN, CALLED REGULAR DOCTORS, UNDER THE NAME OF MEDICINES.

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#### POISON.

The word **Poison**, in the **Scriptures**, is always in the singular, and of course is one thing only. There are three kinds of **Poison**: mineral, vegetable, and animal. This is a subject of great importance at the present time; as multitudes are told that poison is needful, and that some kinds of poison, are the best medicine for sick people.

The following account of **Poison**, is from the **Edinburgh Encyclopedia**, vol. xv. page 265, article **POISON**.

This work gives the following description of **Poison**.

“ **POISON**, is any substance which proves destructive to the life of animals in a small quantity, either taken by the mouth, mixed with the blood, or applied to the nerves.

“ Of poisons there are many different kinds, which are exceedingly various in their opera-

tions. The mineral poisons, as arsenic and corrosive mercury, seem to attack the solid parts of the stomach, and to produce death by coroding its substance: the antimonials seem rather to attack the nerves, and to kill by throwing the whole system into convulsions; and in this manner also most of the vegetable poisons seem to operate. All of these, however, seem to be inferior in strength to the poisons of some of the more deadly kinds of serpents, which operate so suddenly that the animal bit by them will be dead before another that had swallowed arsenic would be affected."

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#### MERCURY.

As it is our design to give some account of the variety of minerals, which are used for the sick, under the name of medicine, we shall begin with what some consider the king of minerals, viz. MERCURY; and shall take a description of its destructive properties from such authors as recommend it as a medicine for the sick.

The following is from Dr. Thatcher's Dispensatory, page 232. The Latin name is "HYDRARGYRUM. *Argentum, Uivum, Mercury or Quicksilver.*"

"Mercury is sometimes found in a native state in the bowels of the earth. Mercury taken into the stomach, in its metalic state, has no action on the body, except what arises from its weight and bulk. Dioscorides, Plin-

ny, and even Galen, considered it as highly corrosive, and classed it among the poisons.

"In the year 1497, this metal was introduced as a sovereign remedy in lues venera, and after a warm contention relative to its use, it was received as one of the most valuable articles of the *Materia Medica*.

"There is nevertheless indubitable evidence that persons who work in the mines, or are otherwise exposed to the fumes of quicksilver, frequently experience its destructive consequences. Among other diseases arising from this cause, Hoffman mentions palsies, apoplexies, epilepsies, hectic fever, &c. These remarks are corroborated by a recent occurrence which took place on board two vessels, in which from the fumes of quicksilver, an alarming illness broke out among the crews, all of whom were more or less salivated."

Notwithstanding all these bad things done by mercury, a most fatal poison, the Doctor recommends it as a most excellent medicine.

*Calomel* is mercury prepared in the following manner: "Take of, muriate of quicksilver, ground to powder in a glass mortar, four ounces. Purified quicksilver, three ounces. Rub them together in a glass mortar with a little water, to prevent the acrid powder from rising until the quicksilver be extinguished, and having put the powder, after being dried, into an oblong phial, of which it fills one third, sublime from warm sand. After the sublimation is finished, having broken the phial, throw away both the red matter found near the bottom of the phial, and the white

matter near its neck, and sublime the rest of the mass. Grind this into a very minute powder, which is, lastly, to be washed with boiling distilled water."

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#### ARSENIC.

"Arsenic is a heavy, opaque, crystalline substance, of a very singular nature, contained in greater or less quantity in the ore of most metallic bodies, particularly in those of tin and bismuth, and in the mineral, called cobalt, from which last most of the arsenic brought to us, is extracted in Saxony, by a kind of sublimation.

*Oxide of Arsenic* is one of the most sudden and violent poisons we are acquainted with.—In mines, it causes the destruction of numbers who explore them; and it is frequently the instrument by which victims are sacrificed, either by the hand of wickedness, or imprudence.

The fumes of arsenic are so deleterious to the lungs, that the artist ought to be on his guard, to prevent their being inhaled by the mouth; for if they be mixed and swallowed with the saliva, effects will take place similar to those which follow its introduction into the stomach in a saline state; namely, a sensation of a piercing, knawing, and burning kind, accompanied with an acute pain in the stomach and intestines, which last are violently contorted; convulsive vomiting; insatiable thirst, from the parched and rough state of the

tongue and throat; hiccough, palpitation of the heart, and a deadly oppression of the whole breast, succeed next; the matters ejected by the mouth, as well as the stools, exhibit a black, fœtid, and putrid appearance; at length, with the mortification of the bowels, the pain subsides, and death terminates the sufferings of the patient. Soon after death, livid spots appear on the surface of the body, the nails become blue, and often fall off along with the hair, and the whole body becomes very speedily putrid. When the quantity is so very small as not to prove fatal, tremors, paralysis, and lingering hectic, succeed.

Though the most violent of mineral poisons, arsenic, according to Murray, equals when properly administered, the first medicines the class of tonics. This is well displayed in its efficacy in the treatment of intermittent fever, the disease in which it has been principally used. The employment of oxide of arsenic is now extended to remitting fever, periodical headache, dropsy, hydrophobia, lepra, elephantiasis, and certainly with safety and success, though its administration will always require to be conducted with the utmost care."

Can any man of common sense think that such violent poison is good for the sick, when it will kill a well man? Jude ye.

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#### EXPERIMENTS WITH POISONS.

"In the Philosophical Transactions, No. 335, we have a number of experiments which

show the effects of many different poisons upon animals; from whence it appears, that many substances which are not at all accounted poisonous, yet prove as certainly fatal when mixed with the blood as even the poison of rattlesnakes, or the ticunas itself. An ounce of the emetic wine, being injected into the jugular vein of a large dog, produced no effect for a quarter of an hour. At the expiration of that space he became sick, had a continual vomiting, and evacuation of some hard excrements by stool. By these evacuations he seemed to be somewhat relieved; but soon grew uneasy, moved from place to place and vomited again. After this he laid himself down on the ground pretty quietly; but his rest was disturbed by a return of his vomiting, and his strength greatly decreased.—An hour and a half after the operation he appeared half dead, but was greatly revived by having some warm broth poured down his throat with a funnel. This, however proved only a temporary relief: for in a short time the vomiting returned, he made urine in great quantity, howled miserably, and died in convulsions. A dram and a half of sal ammoniac dissolved in an ounce and an half of water, and injected into the jugular vein of a dog, killed him with convulsions almost instantly. The same effect followed from injecting a dram of salt of tartar dissolved in an ounce of warm water; but a dram and an half of common salt injected into the jugular produced little other bad consequences than a temporary thirst. A dram of purified white vitriol,

injected into the crural vein of a dog, killed him immediately. Fifteen grains of salt of urine dissolved in an ounce of water, and injected into the crural vein of a dog, threw him into such violent convulsions that he seemed to be dying; nevertheless he recovered from a second dose, though not without a great deal of difficulty; but an ounce of urine made by a man fasting, produced no bad effect. Diluted aquafortis injected into the jugular and crural vein of a dog killed him immediately by coagulating the blood. Oil of sulphur (containing some quantity of the volatile vitriolic acid) did not kill a dog after repeated trials. On the contrary, as soon as he was let go, he ran into all the corners of the room searching for meat; and having found some bones, he fell a gnawing them with strange avidity, as if the acid, by injection into his veins, had given him a better appetite. Another dog who had oil of tartar injected into his veins, swelled and died, after suffering great torment. His blood was found florid, and not coagulated. A dram and a half of spirit of salt diluted with water, and injected into the jugular vein of a dog, killed him immediately. In the right ventricle of the heart the blood was found partly grumous and concreted into harder clots than ordinary, and partly frothy. Warm vinegar was injected without doing any manifest harm. Two dranis of sugar dissolved into an ounce of water were injected into the jugular vein of a dog without any hurt.

“These are the results of the experiments

where saline substances were injected into veins. Many acrids proved equally fatal.—A decoction of two drams of white hellebore, injected into the jugular vein of a dog, killed him like a stroke of lightning. Another dog was killed in a moment by an injection of an ounce of rectified spirit of wine in which a dram of camphor was dissolved. Ten drams of highly rectified spirit of wine, injected into the crural vein of a dog, killed him in a very short time; he died quickly, and licking his jaws with his tongue, as if with pleasure.—In the vena cava and right ventricle of the heart the blood was coagulated into a great many little clots. Three drams of rectified spirit of wine injected into the crural vein of a small dog made him apoplectic, and as it were half dead. In a little time he recovered from the apoplexy, and became giddy; and, when he endeavoured to go, reeled and fell down. Though his strength increased by degrees, yet his drunkenness continued.—His eyes were red and fiery; and his sight so dull that he scarce seemed to take notice of any thing; and when he was beat, he would scarce move. However, in four hours he began to recover, and would eat bread when offered him; the next day was out of danger. Five ounces of strong white wine injected into the crural vein of a dog made him very drunk for a few hours, but did not produce any other consequences. An ounce of strong decoction of tobacco injected into a vein, killed a dog in a very short time in terrible convulsions. Ten drops of oil of sage

rubbed with half a dram of sugar, and thus dissolved in water, did no harm by being injected into the blood.

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#### SALT PETRE.

This powerful salt, when inadvertently taken in two large quantities, is one of the most fatal poisons. There are several attested cases on record, and some recent instances might be added, in which from half to a whole ounce of salt petre has occasioned violent vomiting, convulsions, swelling, and other painful symptoms, in persons who, by mistake, had swallowed it in a dissolved state, instead of glauber, or similar salts.

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#### LEAD, FOR MEDICINE.

Dr. Thatcher, in his Dispensatory, page 306, says, "It is obtained in various processes from the ore dug from the earth. Its effects on the body are emaciation, violent colics, paralysis, tremors, contractions of the limbs; as they generally come on gradually, the cause is sometimes overlooked, until it be too late. Poisoning from lead is occasioned, either from liquors becoming impregnated with it, by being improperly kept in vessels lined with that metal, or to which lead has been criminally added to correct its acidity, or among manufacturers, who work much with

lead, as painters and plumbers, and who are not sufficiently attentive to avoid swallowing it. The only effectual antidotes to this insidious poison, are antimonial emetics; and after them, the internal use of liver of sulphur, together with vegetable oils, both internally and externally, should be liberally continued.

For the medicinal virtues of lead, see its several preparations.

The preparations of lead, possessing what is here called "*medicinal virtues*," are white oxide of lead. Red oxide of lead. Semi-verified oxide of lead. Acetite of lead, or sugar of lead. Water of acetated letharge, or extract of lead.

From this description of lead, what man is there on earth, who can think that such a poison can possess "*medical virtues*." The writer says, it produces *violent cholics*, and that is criminally added to take away acidity, &c. That it is an insidious poison, &c. Let the candid ask if such a *poison* can be useful to the human body, when applied under the name of medicine.

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"Dr. Rush, in that emphatic style which is peculiar to himself, calls mercury the *Sampson* of medicine. In his hands, and in those of his partisans, it may indeed be compared to Sampson; for I verily believe, they have slain more Americans with it than ever Sampson slew of the Philistines. The Israelite slew his thousands, but the Roshites have slain their tens of thousands."

## BOERHAAVE.

This celebrated physician and scholar ordered in his will that all his books and manuscripts should be burnt, one large volume with silver clasps excepted. The physical people flocked to Leyden, entreating his executors to destroy his will. The effects were sold. A German count, convinced that the great gilt book contained the whole arcanum of physic, bought it for ten thousand guilders. It was all blank but the first page, on which was written, "Keep the HEAD cool, the FEET warm, and the BODY open, and then bid defiance to the physician."

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## SODA.

"Soda, or mineral alkali as it has been denominated, in contradistinction to the other alkalies, which have been distinguished by the epithet of vegetable, exists in a constituent principle of several saline mineral substances, but it is usually extracted from the combustion of marine plants. It is afforded by the combustion, combined with carbonic acid, and associated with various other saline substances, and is obtained pure by the same general process as that applied to potash."

From the above it is evident that soda is a mineral, and of course contrary to man, who is composed of vegetables. It has long been settled in my mind, that minerals are unhealthy, and injurious to man. Soda, and every

kind of mineral water, is injurious. They are all cold and unhealthy, whether artificial or from the springs. I have been at the springs in Saratoga and Ballstown, and drank the waters of each. They are cold, and contrary to nature, which is heat. Ice cream, ice punch, and all such things are unhealthy. Those who make no use of them are the least gratified in taste, and most healthy.

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#### TARTAR EMETIC.

Dr. Hooper says this emetic "has been known to prove fatal to children," even when given in a small dose. "It is chiefly given in the beginning of fevers and febrile diseases; when great debility is present, and in the advanced stages of typhoid fever its use is improper and even sometimes fatal." From this account of the emetic tartar, it is evident that it is a fatal medicine in many cases, and the best method to lessen its fatality, is to abandon its use altogether.

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*The candid confession of Dr. Richard Rees, of London, member of the Royal College of Surgeons, author of the "Dictionary of Popular Medicine," "Medical Guide," "Chemical Guide," Corresponding Member of the Society of Practical Medicine, of Paris, &c.*

"The charter of the 'Royal College of Physicians' is found to contain a singular li-

cence, which is, permission to any one and every one to practice the healing art by the use of herbs only. Now we really do consider this as ample permission as any man would require, for poor must be the resources of that physician's mind, and very narrow his knowledge of medical botany, who could not from the vegetable kingdom alone cure most of the diseases of the human frame: even the specific of mercury, if we were driven to the necessity of a substitute, might probably be rivalled in some of these productions of nature. We know not whether we have the most reason to hail the discovery of mercury as a blessing, or regard it as a curse, since the diseases it entails are as numerous as those which it cures. Our best informed dentists declare that they can clearly witness the progress of the use of mercury, in the increasing diseases and decay of the teeth. There are serious objections also to other articles of the metallic world: antimony, iron, arsenic, are dangerous remedies in the hands of the ignorant, and mankind, perhaps, in the aggregate, would be benefitted by their expulsion from medical practice."

We heartily rejoice that physicians in England begin to open their eyes to the errors and dangers of their profession. They 'see men as trees, walking.' Some of them at least, have discovered by woful experience that the present system of practice is daily sweeping thousands from the earth. The pillars of the faculty begin to tremble, and ere long the building will fall to the ground. This

confession of Dr. Rees, the great advocate for regular practice, is like "apples of gold in pictures of silver." We hope our readers will pay the greatest attention to his remarks. How shocking to common sense, that after all the boasted discoveries of four thousand years, this noted physician should declare that we know not whether we have the most reason to hail the discovery of mercury as a blessing, or regard it as a curse, since the disease it entails are as numerous as those which it cures. Why then we would ask this learned physician, is it not abandoned? Would to heaven that the loss of the teeth were the only objection to its use! This is one of the smallest evils it produces; it induces a variety of the most serious diseases, and very commonly death itself. Again, this candid practitioner judiciously remarks, 'there are serious objections also to other articles of the metallic world: antimony, iron, and arsenic, are dangerous remedies in the hands of the ignorant; and mankind, perhaps, in the aggregate, would be benefitted by their expulsion from medical practice.' Is not this paradoxical, that physicians persist in giving medicine that they, themselves acknowledge to be pernicious? How inconsistent! How unphilosophical!—This is altogether inexplicable. Who dare trust their lives in the hands of those who assert that they give 'dangerous remedies,' especially when it is stated by the same writer that poor must be the resources of that physician's mind, and very narrow his knowledge of medical botany, who could not, from the

vegetable kingdom alone cure most of the diseases of the human frame. When will mankind begin to examine into the present mode of treating the 'sick?' Some of the most respectable merchants in Boston, are so disgusted with the mischief and deplorable consequences resulting from the practice of medicine, that they have formed themselves into an association, and agreed to discountenance minerals of all descriptions, and to use only the productions of our own country. A gentleman, not long since, observed that he was confident that from the number of deaths he had known occasioned by surgical operations, and the administration of deleterious medicine, more persons had been killed by physicians and surgeons, than now lived upon the habitable globe. It is sincerely hoped, that the Lord, in mercy to mankind, will hasten the time when the present practice of physic and surgery will be overthrown, and another raised upon the ruins thereof. Indeed a radical reformation is desirable, if no other benefit should accrue from it than to prevent the destruction, misery, and deaths it occasions. Minerals are valuable. Iron is well calculated for stoves and plough-shares. Quicksilver is admirably calculated for coating looking-glasses, &c. &c. Antimony, oil of vitriol, and arsenic, are articles of the utmost importance and utility to the manufacturer, but were never designed to be given for medicine.

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**METALIC MEDICINE OR POISON.**

Sulphuric Acid, Oil of Vitriol, Silver, Gold, Bismuth, Carbonate, Zinc, Copper, Iron, Mer-

cury, or Quicksilver, Nitre, or Salt Petre Oxide of Arsenic, Red Lead, Lead, Tin, the filings and powder; Verdigris, Blue Vitriol, Flowers of Sulphur, Diluted Vitriolic Acid, Spirit of Nitre, Nitrous Acid, Aqua Fortis, Strongest common Caustic, Liver of Sulphur, Sulphuret of Antimony, Glass of Antimony, Golden Sulphur of Antimony, Antimonial Powder, Butter of Antimony, Emetic Tattar, Panacea of Antimony, Nitrate of Silver, Lunar Caustic, Ammoniacal Copper, Purified filings of iron, Purified Iron Scales, Rust of Iron, Salt of Steel, Purified Quicksilver, Corrosive Sublimate, Calomel, White Precipitate of Mercury, Red Precipitate of Mercury, Æthiops Mineral, White Vitriol, Arsenical Solution, Copper Pills, Pills of Quicksilver, Pills of Iron with Myrrh, Compound Liniment of Quicksilver, Ointment of white Oxide of Lead, White Ointment, Ointment of Quicksilver, Ointment of Verdigris, Plaster of Quicksilver, Plaster of Red Oxide of Iron, or Strengthening Plaster.

In addition to these minerals, there are several vegetable poisons given to the sick as medicine. The following are among the many :—

Deadly Night Shade, Garden Hemlock, Thorn Apple, or Apple Peru, Foxglove, Black Hellebore, Black Henbane, Tobacco, White Poppy, American Nightshade, Garget, Poison Vine, Poison Oak, Poison Creeper, Wild Indigo, Indigo Weed, White Hellebore, Poke Root, Indian Poke, &c.

These are few of the many minerals and poisonous vegetables, which in our country,

and in various parts of the world, are given to the sick and wounded without their knowing what is given, or what are their effects, until often it is too late. Can any man of common sense suppose that such things as these can be good for the sick, when they are extremely injurious to the healthy? These things, Dr. Thatcher and others, rank among the articles called ‘Materia Medica,’ or articles employed as remedies, in sickness.

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#### GALENIC MEDICINE.

“That practice of medicine which conforms to the rules of Galen, and runs much upon multiplying herbs and roots in the same composition, though seldom torturing them any otherwise than by decoction. It is opposed to chemical medicine, which by force of fire, and a great deal of art, fetches out the virtues of bodies, chiefly mineral into a small compass.”—*Hooper.*

In the above may be seen the difference between the medicine used by Galen, and that which is improperly called medicine in our day. Galen considered herbs and roots to be medicine; now minerals are called medicine. Galen taught to compound herbs and roots, though they might be bulky. Modern medicine by art, is brought into a small compass, and but a few drops must be given at a time, as a larger quantity would bring on immediate death. Medicine opposite to what Galen used, is now reduced by art to so small a quan-

tity, that a country doctor does not need a pair of saddle bags larger than two coat pockets, to carry medicine enough to kill or cure all he may be called to visit for a considerable time. "This their way is their folly, yet their children approve their sayings like sheep." When one goes forward the others follow, whether into a pit or pasture.

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#### MEDICAL LECTURES.

The following took place in Boston, in the year 1822, or near that time, and ought to be left on long record, for the generations yet unborn :—

A gentleman authorises us to state, for the information of those of his fellow-citizens who are as little experienced as himself in the science of *anatomy*, that he, with several other persons visited a chamber in Market Street a few days since, and were much surprised with what was, to them, a novel exhibition. Human bodies sacrilegiously stolen at midnight from the grave, in various stages of putrefaction, and exhibiting various operations of the dissecting knife, filled the atmosphere of the room, with the most nauseous exhalations.— On one end of a table lay a body, dismembered of its limbs; on another, the head, robbed of its contents, was placed as if to gaze in mockery at the mutilated trunk, which it had once surmounted. Arms, legs, feet, ears, heart, liver, and lights of human beings, ap-

parently of all sizes, from six inches to six feet in length, male and female, were scattered in profusion and disorder about the room. Here was a bowl containing the brains of some new laid corpse, and there a tub filled with "guts and garbage," while on a slow consuming fire, were laid the parts for which there was no further use, frying in their own fat and marrow. The furniture was besmeared with blood and filth, and every nauseating substance belonging to such an establishment without regard to decency and cleanliness—The slaughter-houses at Brighton and Cambridge, where cattle and sheep are butchered by hundreds, are perfumed palaces compared with this school of anatomy!

The gentleman who communicated these particulars and requests their publication, has left his name, which is at the service of any one who may doubt the correctness of the representation.

On the above we have only to remark, that the scene which has thus excited the horror and indignation of an individual, is not a novelty in this town. Ten years ago, we attended a part of a course of lectures, where similar objects of disgust were so numerous and offensive, that we have never thought of it since without loathing. The establishment in Market Street, to which our informant alludes, is not the only one of the kind of which this metropolis can boast. There are, or have been, several of the kind. Dissections of the human body, are undoubtedly serviceable to medical science; but whether more is

not lost to humanity than is gained for science by the practice, we think, is a in question, which is, at least, deserving of consideration.

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#### DEATHS CAUSED BY OPIUM AND OTHER POISONS.

Mr. Bolton, a miller in N. Haven, (Con.) lost a fine boy by the administration of opium, sold for Godfrey's cordial, at a grocer's shop for which the mother sent for three pence worth of that preparation. It is much to be regretted, that ignorant persons are allowed to vend such mortal drugs.

In Beverly, Mass. Mrs. Mary, widow of Mr. Joseph Goodrich. She had lain down preparatory to watching with a sick neighbour, but feeling unwell, got up about 9 o'clock, and took some drops of Prussic Acid. The effects were such as might have been expected to a person unused to that deadly poison. She was soon thrown into convulsions, and died at midnight.

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#### CALOMEL..

Physicians of the highest rank,  
(To pay their fees, we need a bank.)  
Combine all wisdom, art and skill,  
Science and sense, in Calomel.

Howe'er their patients may complain,  
Of head, or heart, or nerve, or vein,

Of fever high, or parch, or swell,  
The remedy is Calomel.

When Mr. A. or B. is sick—

“ Go fetch the doctor, and be quick”—  
‘The doctor comes, with much good will,  
But ne’er forgets his Calomel.

He takes his patient by the hand,  
And compliments him as a friend ;  
He sits awhile his pulse to feel,  
And then takes out his Calomel.

He then turns to the patient’s wife,  
“ Have you clean paper, spoon and knife ?  
“ I think your husband might do well  
“ To take a dose of Calomel.”

He then deals out the precious grains—  
“ This, Ma’am, I’m sure will ease ~~his~~ pains ;  
“ Once in three hours, at sound o’ bell,  
“ Give him a dose of Calomel.”

He leaves his patient in her care,  
And bids good bye with graceful air ;—  
In hopes bad humours to expel,  
She freely gives the Calomel.

The man grows worse, quite fast in’eed—  
“ Go call for counsel—ride with speed”—  
The counsel comes, like post with mail,  
*Doubling* the dose of Calomel.

The man in death begins to groan—  
The fatal job for him is done ;  
His soul is wing'd for heaven or hell—  
A sacrifice to Calomel.

Physicians of my former choice,  
Receive my counsel and advice ;  
Be not offended though I tell  
The dire effects of Calomel

And when I must resign my breath,  
Pray let me die a natural death,  
And bid you all a long farewell,  
Without one dose of Calomel.

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## APPENDIX.

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### CEPHALIC SNUFF.

Take four ounces of the bark of bayberry root made fine, and sifted through a very fine sieve. Add half an ounce of bitter root, made fine and sifted—half an ounce of nerve powder. Mix these together, and add a few drops of the oil of golden reed. Stir all together, and it is fit for use. To be used for headache, cold, or stoppage in nose and head.



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